

Dr. Young's Radical Remedy

The Man or Woman WHO IS AFFLICTED WITH Constipation, Piles

or any Intestinal, Rectal or Nervous Ill, and puts this book aside unread, makes a Serious and Regrettable Mistake; for it contains much of Interest and Value.

THIS BOOK TELLS HOW
Piles, Constipation and Various Rectal and Intestinal Diseases, together with their associate chronic ills, can be safely and surely overcome by yourself, at your own home, without Pain or Publicity, and at a trifling cost. Complete and Lasting Relief.

READ THE GUARANTEE LAST PAGE

KIND READER:

IF you have ever known the miseries and despondencies of liver complaint and dyspepsia; the evils and vexations of chronic constipation; the irritations, tortures and humiliations of rectal disease; or the manifold symptoms of other associate or dependent chronic ailments; you should read this little booklet carefully and considerately, for it will tell you of an inexpensive, reliable and simple treatment that will surely cure these disorders without drugging, danger or physical discomfort, publicity, or loss of time from business or social pursuits.

It is worse than useless to attempt to cure constipation with cathartic drugs. All of the much advertised liver pills, fig syrups, laxative teas, cathartic candies and purgative waters will do far more injury than good. Every dose taken removes you that much further from a cure. The indiscriminate use of these nostrums is acknowledged by the medical profession to be the indirect cause of most chronic diseases.

You will find this treatment to be all and more than we claim for it. It has permanently cured thousands of chronic sufferers who had never found relief in methods generally employed. It is a common sense, scientific method endorsed by the most advanced physicians. Its use is followed by rapid improvement, and may be used by anyone with perfect safety.

We have such confidence in the Young Rectal Dilators that they may be bought under a positive guarantee that they will be satisfactory or your money will be refunded.

If not in personal need of treatment for these, all too common ailments, it will be a kind and worthy act to hand this to some afflicted friend or acquaintance.

"Is there a blessing known?
Pass it on.
'Twas not given for you alone—
Pass it on.
Let it travel down the years,
Let it dry another's tears,
'Till in Heaven the deed appears,
Pass it on."

"How I wish I possessed sufficient command of language to paint in graphic colors all that is true regarding the beneficence of the apparently simple device of stretching the sphincter muscle. When this muscle loses its ordination, what a field of wickedness does it create. There are a multitude of distributed discords of reflex actions directly attributable to it and relieved by the simple procedure of stretching the sphincter."—DR. HOYT, in *The Medical Century*.

Constipation—Piles And Kindred Ailments and Their Correct Treatment

The object of this little book is to bring a message of comfort to those who are so fortunate as to receive a copy and who are wise enough to take advantage of the valuable information it conveys.

There are many thousands of people over the United States and throughout the civilized world who bless the day that brought to them the message contained herein and who have found health, happiness and comfort through the use of Dr. Young's Dilators. We believe that we do not overstate the truth when we say that thousands of them regard the discovery of this wonderful treatment to be one of the most valuable ever made for the intelligent treatment of various ills so common with civilized people.

To those who know to what great extent the health of the individual depends upon timely, regular and **complete** elimination and who understand that nature regulates and controls the circulation by normal daily bowel habit; also that rectal dilation readily restores a healthy blood current and relieves congestion, it is reasonable to say that with the many thousands who have used, and are using Dr. Young's Dilators, this treatment is doing more today for the cure of chronic troubles than any other single agency.

Until the discovery of this great principle of correcting abnormal conditions of the human body and restoring health, there was unknown any really scientific means of curing piles, constipation and the great train of human ailments caused by auto-infection or poisoning of the system; manifested in the form of neuritis, gastritis, dyspepsia, eczema, headache and various nervous diseases. For the relief of piles physicians usually resorted to unnecessary surgical measures, treating the effect but neglecting to remove the cause. In constipation, the practice has been, and we regret to say, is today quite general to employ harmful cathartics and purgatives, subjecting the stomach and entire alimentary tract to drug abuse, when the trouble is generally caused by a tightness of the rectal sphincter muscles, which treatment can have but one effect—to make bad conditions worse.

The simple, scientific method of treatment advocated here is coming to be better known each day and because it is absolutely right and so universally effective when properly used, leaves little to be desired, and being right, will no doubt be employed as long as the human race exists.

Among the most prevalent of human ailments are piles and constipation—the twin evils of civilization, frequently associated, and often one aiding in the development of the other. If you are one of that great part of the human race, who is afflicted, you will find in Dr. Young's Dilators a treatment that will do more for you than you thought possible by any method of treatment.

The use of the Dilators, however, is not confined to the cure of constipation and piles; when you realize what this simple, harmless treatment will do to aid Nature in overcoming faulty elimination and establishing a normal circulation, you are in a way to understand why it is the logical treatment for almost any abnormal condition.

Health is of first importance. Without it there is little pleasure in living, and there are untold thousands who drag out a miserable existence due to a condition that could easily be corrected if they knew of the treatment, explained herein, and made use of that knowledge. To some it appears too simple to be of much value, but many have lived to learn and a fair trial of the dilators will convince the most skeptical.

It is not necessary to read this book nor necessary to understand why stretching the rectal muscles a little each day (for a short period only) will work such changes. Just get

a set of the dilators and use them according to the simple instructions. The book, however, is well worth reading and contains information valuable to any intelligent person whether well or ill and an hour spent with it will give you an understanding of a thing that is doing much for the making of a better and happier world.

HAVE YOU A FRIEND?

Without health there is little pleasure in living or at least the pleasures of life are much lessened. There are people in every community who are afflicted and who would be benefited by the common sense treatment explained here. Have you a friend among such that you would like to help on the way to health?

It means much to such people to learn that there really is a safe, dependable treatment for piles and constipation and many reflex nervous troubles caused by constipation, and if you will send us the names and addresses of any that might profit by reading this book, we will mail a copy to each.

A Word to the Druggist

The successful druggist is the one who gains and holds the confidence and good will of his patrons. His advice is frequently sought and highly regarded and he is in a position to do much for them if he so desires. His patrons come when pleasure seeking and want refreshment; also when they are ailing and want information and advice. When in doubt they go to the drug store. The patron who enjoys health is just as profitable and a more agreeable one than the one that is ailing. Why not have more of the former?

You are in a position to gain the everlasting goodwill of many by bringing this little book to their attention, and it is through the better class of druggists that we depend largely on getting our message to the people.

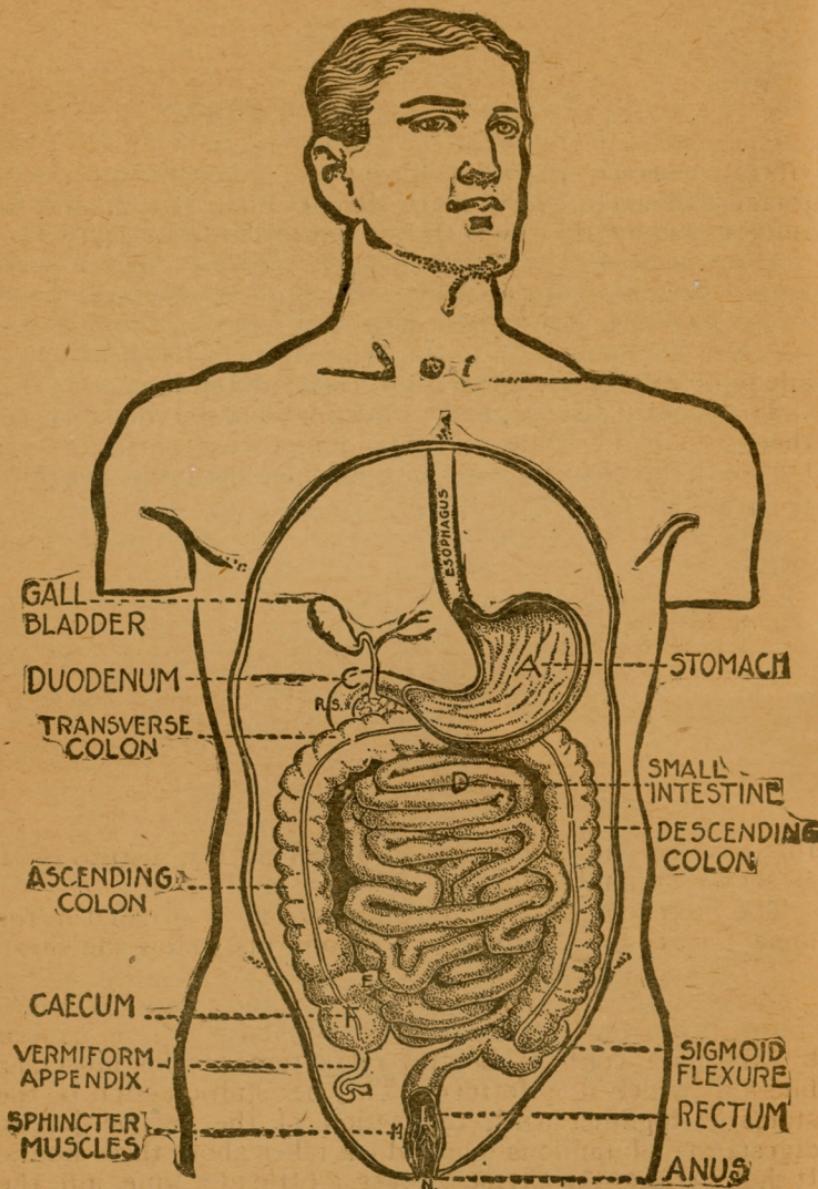
Your opportunity of selling Dr. Young's Dilators comes about as often as you supply a call for cathartic pills, aperient waters and the various makeshift remedies for the relief of piles and constipation. People have become accustomed to resorting to such things—often against their better judgment, simply because they know of no better way. We do not mean to imply that all such patrons would at once buy a set of the dilators, but we do say you owe it to yourself and to your patrons to inform yourself regarding this simple, dependable, natural treatment and if our strong claims for it are sustained, it would appear your duty as their druggist to help them gain this valuable information. You need explain nothing. The book does that—and few intelligent people can read this book without being convinced of its sincerity and common sense and if they profit by it, they will surely feel heartily grateful to you for it means much to them.

There are thousands of progressive druggists throughout the United States who today do not hesitate to give the dilators their strongest endorsement. They do this only after hearing so much in their praise that it could not be withheld. If you do not feel informed regarding this treatment, a little investigation will convince you that there really is a dependable cure for constipation and piles.

You know that constipation is the forerunner of most of our bodily ills, but did you ever know of one so afflicted being cured by cascara or aloes or epsom salts? Will the mineral oils or aperient waters do more than bring temporary relief? Do not the users of such things generally go from bad to worse?

In recommending Dr. Young's Dilators to these people—by giving them a copy of Dr. Young's book, you are giving them the best advice possible. The dilators won't disappoint either you or your patrons. Why not at least give them an opportunity, through you, of learning of a method of treatment that is right and a thing that will make them well and happy?

Yours for better health, F. E. YOUNG & CO.



THE ALIMENTARY TRACT.

The illustration shows the organs of digestion, assimilation and elimination; their regular and unretarded functioning is essential to health. The wise individual will promptly respond to nature's call and cultivate regular habits. When nature suggests, the call should not be delayed, for, if unheeded, the feces are lifted back to the colon (sigmoid flexure), there to remain, possibly for another day, and the movement which should have worked an important physiological change, will remain to poison the system.

Anatomy of the Parts

We want to inform every reader regarding some very common ailments, the evil effects of which are not fully understood. While what we shall here say will be scientifically correct, we will endeavor to avoid technical language and make every expression so plain that it may be understood by all. In so far as we are able to do this we shall feel satisfied with our booklet. In proportion as we fail the contrary will be true. It is very much easier to write to trained physicians upon a medical topic, for then we can make use of technical language which hardly finds adequate expression in non-professional terms.

To properly discuss rectal, intestinal and nervous diseases there should be some understanding of the parts affected by them, therefore we will first consider the form and functions of the alimentary canal.

The Alimentary Canal is a tube of varying size (larger at some points than at others) which extends from the intake where food enters the mouth to the outlet where the undigested portions of it, together with some other refuse matter finds exit from the body. The form and extent of this tube can be best imagined by seeing the picture of it, as shown on another page.

We wish that everyone might read this little book. The value of the information it contains, cannot be measured in terms of dollars and cents to anyone who would know about the right and wrong way of treating human ailments. It explains to the user of laxatives, cathartics, the fountain syringe and makeshift treatments the evil results that are sure to follow such procedure, and how to imitate the process which Nature operates to correct bodily ailments.

The Stomach (A—See first illustration) is situated in the upper part of the abdominal cavity and just below the chest. In form it is a sac or bag, holding about three pints. In an infant at birth it is not larger than a hen's egg. It has a churning, grinding motion, called peristaltic action, caused by alternate contraction and relaxation of the muscular fibers of which it is formed. This peristaltic action of the stomach, together with the action of the gastric juices, digests the albuminous food, which takes about three hours. It then permits the **chyme** to pass, a little at a time, into the small intestines.

The Intestines, or bowels, may be regarded as large hollow muscles, lined with a mucous membrane. They are wound round and round with a lacing of nerves, muscles and blood vessels. In the normal adult these measure about twenty-five feet in length, occupying the lower part of the trunk of the human body, where they surround, and

intertwine all the vital organs, extending from the stomach to the anus. The function of the bowels is the assimilation of the food—the absorption of the building material in the food, and after proper treatment passing it into the blood.—It is perfectly clear that if they are clogged (constipated) with decayed waste matter they will pass poison into the blood to paralyze the circulatory system, the nerves and nerve centers, make flabby muscles and deaden the mental and vital forces.

Neuritis (inflammation of the nerves), a serious and common ailment in people of all ages, is caused by poisoning of the nerves, generally due to constipation or delayed elimination (sometimes by infected teeth or diseased tonsils). The safe and sane procedure is to use the dilators, for several months if necessary, until regular and *complete* bowel habit is the order of the day.

After food has been digested and absorbed by the stomach and intestinal tract the refuse passes into the colon. When this organ has received its usual

accumulation of feces, the muscular fibers of which it is constructed force the fecal matter through the colon and into the rectum. The functional activity of the colon depends entirely upon the healthy condition and normal action of the muscles and nerves of the rectum, and the retarded action of the colon causes a great train of reflex nervous diseases, hence we see the necessity of keeping the rectum in a healthy condition.

The **Caecum**, shown in the illustration at F, is about three inches long and nearly as wide. It is always found empty in health. It has at its lower end the **vermiform**, or worm-like **appendix**, as it were, a rudimentary gut. No special office or function has ever been assigned it, but of late years it has become notorious as the promoter of appendicitis. The appendix, however, is not prone to cause trouble if proper care is given to keeping the bowels in health, but when the colon is so loaded and obstructed that it cannot dispose of the chyle when it enters the caecum the latter must rid itself of it, and when it contracts upon the contents a small portion of it may be forced down into the appendix, then this apparently insignificant organ will object, and inflammation sets in, which becomes one of the most dreaded of diseases, **appendicitis**.

The **Colon**, or large bowel, is a tract about thirty inches long and nearly three inches in diameter, and in the adult will hold from three to five quarts. It extends from the caecum upward to a point near or under the liver, passing transversely across the body to the side of the spleen, thence backward and downward to the left groin, forming in shape the letter S, which is called the **sigmoid flexure**. The sig-

moid flexure is where the feces accumulate, and is a wise provision of nature for storing it until the proper time for it to be evacuated. It is the colon that examines every particle of our food after the stomach and small intestines have digested it. It absorbs that which is fit and necessary, and sends it by the thoracic duct or portal circulation to be emptied into the great blood stream at the heart, to be used in tissue building. That which is not fit or necessary for such purposes is passed along from one pouch to another to finally accomplish certain physiological changes by dilation. It goes to show how wise and economical nature is in all her processes. The colon is a long-suffering but not a complaining organ; that is, it may be loaded, inflamed, or even ulcerated, and yet give rise to no signs or symptoms that will direct the patient's attention to it, while at the same time it may be causing serious stomach, liver or kidney troubles, bilious colic, sick headache, eczema, rheumatism, asthma, nervousness, paralysis, or even insanity. While all efforts at cure are usually directed to these effects, the cause is allowed to continue and the patient to suffer. Thus it will be seen what great havoc must be caused among the vital organs when the bowel becomes constipated and is distended with foul decaying matter that is giving off deadly poisons which envelop and contaminate every vital organ.

We have treated thus fully of the location of the bowels to impress upon the reader how closely related are all of the vital organs with the intestines, and to show clearly that constipation must quickly and very seriously affect all the organs of the human body.

The Rectum, shown in the cut at L and M, is a continuation of the sigmoid flexure, seven or eight inches in length, and terminating in the contracted orifice called the anus (N). It is capable of great distension, provided the rectal muscles and sphincters are inactive in refusing to discharge the accumulated fecal matter. The sigmoid sphincter is always contracted and the rectum in health is always empty except when there is a desire for an evacuation.

When the sigmoid permits feces to pass, and it descends to the rectum, that organ, through the great sympathetic nerve, notifies the brain of a desire for evacuation, and if this goes unheeded the rectum, if in a state of health, will refuse to retain it, reverse peristaltic action is set up, and

Appendicitis may well be regarded as a serious disease, but those who give due consideration to maintaining regular bowel habit, are reasonably well insured against it. The occasional use of the dilators will prove infinitely superior to the use of the fountain syringe, lubricating oils or salts.

the feces is lifted back into the sigmoid, there to remain, as a rule, until the customary hour of the day following. When this becomes a habit the feces are apt to become hard and dry, and by pressure upon the blood vessels and nerves seriously interfere with the circulation, causing piles and other diseases of the rectum.

The Anal-Straight is the cylindrical passage, extending from the rectum to the anus, the lower orifice of the bowel, and is from one to one and a quarter inches in length. In health it is lined with a soft, pliable mucous membrane, and the sphincter muscles guarding it are pliable and elastic. In a healthy condition the lining of the anal-strait is without a break or any projecting tumor, but when diseased the muscles are tight and rigid, causing a great loss of nerve force, and its walls are the abiding place of piles, fissures, ulcers and pockets.

The Sphincter Muscles are circular in form, surrounding the outlet of the alimentary tube, and are governed by separate and distinct impulses and anatomical and physiological mechanisms. One is called the "internal sphincter ani," or internal muscle, and it is controlled by the sympathetic system of nerves, acting automatically as a puckering string at the lower end of the rectum. The internal sphincter ani cannot be controlled by the will of the person of whose body it is a part. The other puckering muscle is called the "external sphincter ani,"

or outer muscle. This outer muscle is supplied with nerves that are influenced by the will, and is in a great measure, under direct control of the individual.

"How I wish I possessed sufficient command of language to paint in graphic colors all that is true regarding the beneficence of the apparently simple device of stretching the sphincter muscle. When this muscle loses its ordination, what a field of wickedness does it create. There are a multitude of distributed discords of reflex actions directly attributable to it and relieved by the simple procedure of stretching the sphincter."

—Dr. Hoyt, in *The Medical Century*.

As soon as fecal matter is passed into the healthy rectum it produces a desire to stool, and the person, if wise, will as soon as possible, respond to the inclination. Then, at the will of the individual, the voluntary motor nerves, acting on the outer sphincter muscle, dilate it, and the

"Diseases of the lower portion of the intestinal canal are exceedingly common. There is probably no one organ or locality of the human body so subject to variety and complexity of diseased conditions as this.

"Experience and observation for many years have convinced us of the fact that rectal diseases are the foundation and cause of very many other grave forms of chronic disease, which it is impossible to cure so long as the rectal lesion holds. Very many serious uterine affections that baffle the skill of the practitioner are thus obstinate because he has failed to discover or cure the rectal complications.

"We have no doubt but that many cases of mental aberration are caused by lesions of the intestinal canal and especially of the rectum."—S. H. Linn, M. D., Rochester, N. Y.

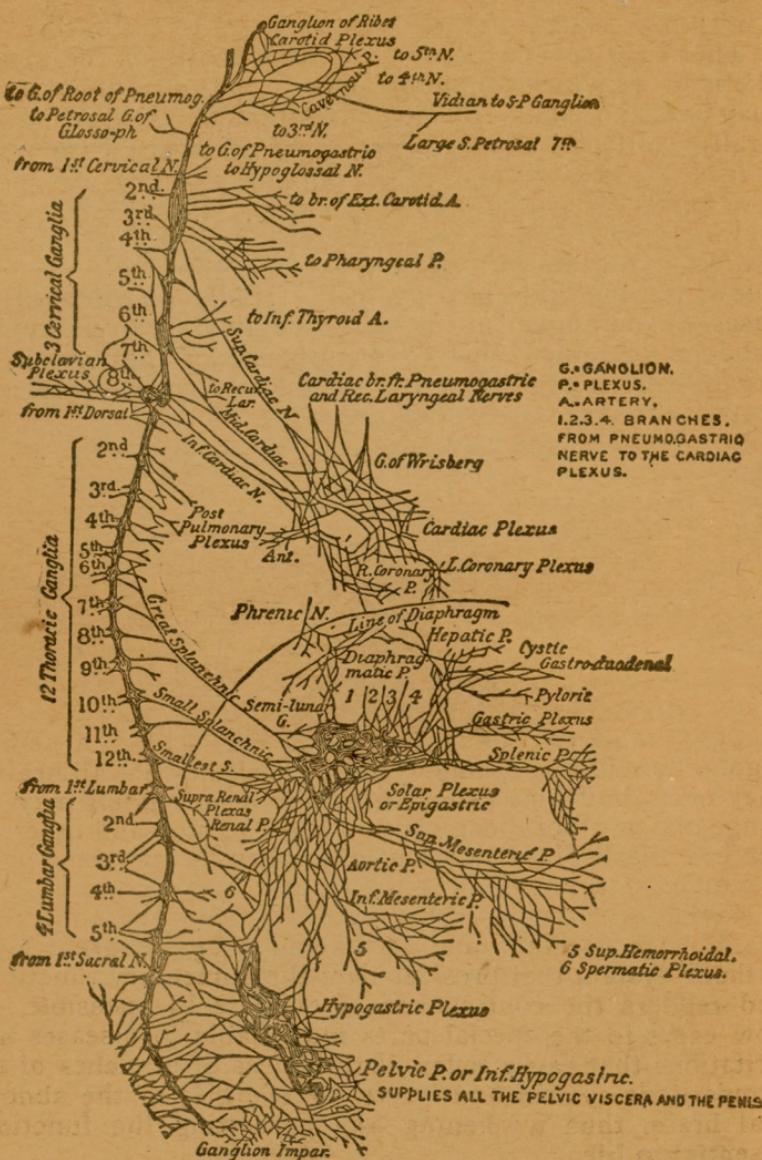
rectum, by means of its own and its accessory muscles, forces its contents through the anal strait past the sphincter muscle, and thus discharges this waste material from the body. By this means wonderful physiological changes are accomplished. Nature has provided for a dilation of the rectal muscles, at least once daily, by a natural movement of the bowels. If this takes place and the movement is natural in character, it stretches or dilates the sphincter muscles, and is a reasonable guarantee of health. It flushes the capillaries, relieves congestion, establishes and maintains a healthy condition of the circulation and improves nutrition. The breathing becomes deeper and all the vital processes more active. When the bowels become constipated and move only two or three times a week the retention and absorption is, of itself, bad enough, but worst of all is the lack of dilation by daily normal movements of the bowels, which regulate and stimulate the circulation.

If the sphincters are tight, or if the organs have been weakened by the use of cathartics or laxatives, preventing them from accomplishing their regular functions it will soon react on the general health. First, fermentation, caused by the heat of the body and the nature of the feces which are retained, generates foul gases and highly poisonous ptomaines, which are more or less absorbed into the system; but far worse is the evil resulting from lack of dilation, which is absolutely necessary to regulate the circulation. This may cause one or a number of troubles, such as piles, headache, dyspepsia, neuritis, eczema, insomnia and various nervous complications.

There are thousands of men and women in this country whose health has been wrecked on the rocks of constipation, piles, asthma, chronic headache, and many other chronic nervous affections, and who have resorted to the use of various kinds of cathartics and patent nostrums, only to grow worse and melancholic and, having nearly forgotten the meaning of perfect health as far as themselves are concerned, they eke out a miserable existence with the belief that there is no permanent relief. It is to this class of sufferers that this common-sense, scientific treatment should most strongly appeal. They have no idea what relief is in store for them until they throw prejudice aside and avail themselves of the benefits of a natural treatment that has cured thousands of almost hopeless cases.

A very large part of human ailments may be attributed to a poisoned system, and the way to rid the system of this poison is by the faithful use, for a time, of Dr. Young's dilators. Establish regular and complete bowel habit; stop the waste of nerve energy, and Nature, the great healer, will do the rest.

THE SYMPATHETIC SYSTEM OF NERVES.



From Potter's "Compend of Anatomy," copyrighted 1890; 1898; 1903,
by Blakiston's Son & Co., Philadelphia.

"Disturbances of the sympathetic nerves, although they do not make themselves known in the language of pain, greatly disturb the various functions of the body, interfering seriously with its nutrition, but very readily escaping the notice of the careless observer."—Prof. E. H. Pratt, M. D.

cretion, circulation, and generation, is of vast importance to us and should receive our best attention and care. We should, therefore, endeavor to prevent its being irritated, disturbed, obstructed or thwarted.

There are several points where filaments of the sympathetic nerve which communicate with the "abdominal brain" may be exposed to sufficient irritation to derange its naturally uniform and constant action. The most common point, however, is at the outlet of the bowel,

Nature is the great and only healer! Work with her by employing remedial measures like her own instead of obstructing her progress by curative effort which is not only different but usually antagonistic to her own methods.

known as the "pile bearing inch." Fully nine out of ten cases of derangement of parts dominated over by the "abdominal brain," due to disturbance of that important organ because of irritation communicated to it from one of its branch nerves, may be traced directly to the lower bowel and its outlet. By reference to the illustration you can readily see that these parts are abundantly supplied with sympathetic nerve fibres and that they are here particularly exposed to irritation and injury.

While the cerebro-spinal axis is the chief governor of the body, endowed with the principal rule and a central power to which others must in the main submit, and is to a considerable extent dominated by the will, yet the "abdominal brain" is a limited or restricted government, exercising many powers and measurably independent of the supreme bodily authority. The "abdominal brain" sends out physiologic orders to its dependent viscera. If they are all healthy they obey, but a disturbing irritation at any point may derange one or all of them, causing some to stop and others to act irregularly, inadequately, or perhaps over-strenuously, as the case may be.

Having described the alimentary tract and the abdominal brain or most important nerve center of the great sympathetic system that presides over the alimentary functions, and renders the continuance of animate life possible, we now come to the special parts most liable to diseases and irritations that cause reflex disturbances of branches of the sympathetic system and waste the energies of the abdominal brain, thus weakening and perverting the functions essential to life.

Closely examine the illustration of the sympathetic nerve and you will perceive that it is most generously distributed to the lower bowel and the inside of its orifice. Here are many fibres of the sympathetic nerve to take up disturbing impressions and report them to the abdominal brain; there-

fore it is little wonder that an irritation at this point is more disturbing and wasteful of nerve-force than at any other part of the alimentary tract.

Nerve Waste is the deviation of nervous force to other uses than the normal physiological processes of mind or body. If nervous energy is expended to counteract, regulate or quell either mental or bodily irritations that could be removed by art, it is needlessly wasted and does not become a factor for accomplishment, just as surely as a leakage of steam from an engine wastes the power of the machine.

The nerve centers are the real source of all power that the body possesses, as well as the reservoirs of such force, which is sent out over the nerve trunks and branches to each part according to the special needs of the body. If the nerve centers become weakened or perverted from any cause so they do not generate sufficient force, or if there be a leakage or waste of this force, the whole system becomes less capable of resisting disease or sustaining effort. Where there is insufficient nerve force, due to some leakage or waste of it, caused by an irritation at any point, all parts may suffer proportionately and the general systemic condition of nervous debility, nervous exhaustion, or nervous prostration, known to doctors as neurasthenia, ensues. But it frequently transpires that certain parts manage to secure their full healthful allowance of nerve force and the loss of waste devolves wholly upon one or several organs, in which case instead of there being a generally lowered tone of the whole system, as in neurasthenia, certain parts that secure

If you are not enjoying health why not try Dr. Young's Dilators? They have been found effective in removing the cause of many obstinate and obscure ailments. By their use you enlist Nature's energies, and Nature is the one great healer. Do this—you have nothing to lose and everything to gain.

their share of nerve force remain strong and healthy and only the specially deprived organs become weakly, disordered and sick.

Every movement we make or thought we think uses up a little of the store of nerve power we have. This kind of consumption of nerve force is, however, stopped during rest and sleep and the nerve centers recuperate. Irritation from mental worry and from injury or disease of the body produce waste of nervous force, for they require nervous force to overcome them. If the injury or disease be confined to that portion of the body supplied by the central or true cerebro-spinal nervous system, it continues to exhaust nervous energy or vital force during waking hours, but when sleep comes the drain largely ceases and such nerve

centers are given opportunity to accumulate another store of nerve force. If, however, the irritation from injury or disease affects portions of the body supplied by the sympathetic nerve, which never rests so long as life's processes continue, it produces an incessant waste of nerve power or vital energy, which will, sooner or later, in a great measure, exhaust the nerve centers. In this manner the small fissure, ulcer or pile within the rectum will set up a steady nerve waste that strikes at the very vitals by sapping the "abdominal brain" of its energy which is needed to support digestion, absorption, elimination, and control the circulation, as withdrawing support and supervision to any extent from these great and important functions is detrimental to not only the special organs concerned, but to the entire system of which they are both the food providers and the scavengers. Should this loss, as sometimes occurs, not be proportionately shared by associate organs, but fall wholly to one organ, it would actually menace life, as the numerous cases of heart-failure conclusively prove.

A sore on the surface of the body attracts attention and is healed or sleep comes every twenty-four hours to give the nervous system rest and recuperation; but within the region of the lower bowel the apparently insignificant irritation may frequently remain as a "thorn in the flesh" that will irritate day and night, causing incessant waste of nervous force and a continual drain upon the "abdominal brain" and the organs and functions over which it presides.

Every case of physical debility is nervous poverty caused by nerve waste going on somewhere within the system. Irritation causes nerve waste or a leak of vital energy which can be surely stopped by removing the cause of irritation, which in regions dominated over by the "abdominal brain" may usually be found to exist at the lower termination of the alimentary canal.

Every function of our bodies that requires constant, sleepless vigil and untiring energy has been placed in the keeping of the great sympathetic system of nerves. From the moment vital processes are placed within its guardianship until life ceases this system of nerves is steadily and ceaselessly endeavoring to operate the essential bodily functions and only where sufficient nerve waste occurs to deprive parts of the full influence of these wonderful nerves, do such parts hesitate, wabble or lag in their functional

There is a feeling of satisfaction—a sense of security in knowing that you have done the thing necessary to compensate for Nature's temporary laxity. Dilating the rectal muscles with Dr. Young's dilators is safe, simple and sensible.

activities. Nerves branching from the sympathetic system connect every organ of the body essential to life. If the energy of the sympathetic nervous system becomes wasted and reduced by continual irritation at any point supplied by it, other organs supplied by other branches of this system may suffer. Thus irritation along the lower bowel may react upon other and quite distant parts and in a varying degree disturb their functions. Relieve this irritation by the use of the rectal dilators and the waste of nervous energy is stopped, the over-taxed nerves recuperate, vital energy is again supplied all along the line and every disturbed function again resumes the regularity of normal operation.

The Stomach is a receptacle for swallowed substances and the principal organ of digestion. It is a most important organ, since through its function we are fed and kept alive.

The stomach is subject to many and various diseases, the most common of which is called dyspepsia, which name stands for a condition characterized by difficult, defective or disturbed digestion that is functional in character—that is, not due to a local structural lesion of the tissues of the stomach, but to a lack of nervous force, or to an irregular supply of it, because of nerve waste going on somewhere in the body.

True, many doctors attribute dyspepsia to overeating or to insufficient mastication of food, and it is also true that much chewing and little food makes less work for the stomach,

Dr. Young's Stomach Tablets are recommended where there are symptoms of faulty digestion, such as belching, gas pains, sour stomach, shortness of breath, foul breath, risings from the stomach, pains after eating. This remedy has proven very helpful in correcting these conditions but dilation should not be neglected to establish regular bowel habit and prevent waste of nerve energy.

ach, but nevertheless the fact remains that a perfectly healthy person does digest all the food the stomach will hold, even where it is only sufficiently masticated

to permit of its being swallowed. It is also a fact that in nine cases of dyspepsia out of ten there will be found evidence of abnormally tight sphincters or other rectal disease to account for irritation sufficient to cause nerve waste.

The stomach requires a large amount of nerve force or vital energy to operate its several functions. Where there is a leakage of this force or a deviation of a portion of it to other purposes, as for quelling or overcoming irritations of those other parts, gastric neurasthenia, commonly called "nervous dyspepsia," ensues. Wherever there is pain in the stomach after eating; windy, watery or sour risings, bloating, and the various symptoms of indigestion that dys-

peptics know and dread, there should always be a search of the lower bowel and its orifice for piles, fissures, polypus, ulcers, fistula, tight sphincters that pinch a filament of a branch of the sympathetic nerve, or some irritation that results in waste of nervous energy.

Indigestion is not wholly confined to the stomach, for some parts of the food, as fats and starches, are principally digested in the small intestine after leaving the stomach, therefore the distresses of indigestion may occur lower down. They are due, however, to the same general cause, the deviation of nervous force from the normal processes of digestion by some irritation or leak.

If the stomach and upper part of the bowel are weak, inactive or out of order, because deprived of a portion of the nerve force required to operate their functions vigorously, and are thus

unable to properly digest such food as they should prepare for blood-making that bodily tissues may be fed and renewed, such a dyspeptic state not only subjects the body to a semi-starved or half-fed condition that renders it weak, less productive of accomplishment and less resistant to disease, but it allows disease germs to enter the body by way of the alimentary canal and permits food to remain undigested for hours. Undigested food, acted upon only by the heat and moisture of the body, will ferment and form noxious compounds, gases and ptomaines which, absorbed into the blood and carried by it to every part of the body, cause among other symptoms, headache, mental dullness, general lassitude and depression, foul breath, coated tongue, muddy complexion, skin eruptions, Bright's disease and other kidney ailments, serious and frequently fatal fevers, etc. This poisonous material absorbed into the blood overtaxes in various ways the lungs, skin and kidneys to expel it from the body. All the ills mentioned as due to the absorption of poisons due to faulty and inadequate digestion and elimination are not usually manifest in the same person at one time, yet several of them may be frequently associated.

It will thus be seen that peculiar poisons may develop within the body as the result of imperfect digestion of food, due to nerve waste from pelvic irritation, and that every person with rectal trouble or tight sphincters that may pinch

some terminal portion of the sympathetic nerve, may, because of the waste of nerve force needed for digestion, develop disease germs and other elements that not infrequently lead to sickness and death.

Auto-intoxication or self-poisoning from the absorption of decomposing foodstuffs that have not been properly acted upon by the digestive organs, or the absorption of poisonous ferments still further along in the bowel, that have been permitted to remain there because of constipation due to bowel lethargy from inadequate nervous force, explains many diseases and accounts for many deaths.

It should be more generally understood that the inconvenience and distress, the stomach qualms and digestive discord, gastro-intestinal turmoil, cramps, watery or sour risings, belching of gas, unrest, oppressed or disturbed

Heart Disease.—Altogether too frequently is "Heart Disease" written in death certificates, and heart troubles are more than ever prevalent with civilized people. A standard of health may be secured only by observances of Nature's laws. Rectal dilation will do more to correct faulty heart action than digitalis, strophanthus or strychnia.

heart action, insomnia, and dreadful caprices and horrors of nightmare, are really the most insignificant and unimportant features of

indigestion, and that the real danger lurks behind the condition—the danger of impoverished or depraved blood, of semi-starved tissues, of systemic poisoning, of overtaxed eliminative organs, of the entrance of microbes swallowed in food and water that an active digestion and potent digestive fluids would destroy, but which, when once past the gateways to the blood, thrive and multiply, giving rise to typhoid fever and many other germ diseases.

Few people seem to realize the real dangers of faulty digestion or the frequently associated condition of constipation that is usually due to the same inadequate supply of nervous force to the alimentary tract. Health reports and mortality statistics do not give indigestion and constipation as causes of death, because commonly some other disease sets in to work destructive changes, only made possible by the associate dangers of gastro-intestinal inadequacy, and death is accredited to them. So few stop to consider what a great safeguard against disease is perfect or good digestion in destroying germs that in food and water gain entrance to the body through the intestinal tract, and in preventing putrefaction of substances swallowed. Nor do they consider the health value of daily bowel movements in passing out of the body material which if longer retained is quite

likely to decompose and generate deleterious and poisonous elements.

Dyspeptics are fully aware that there is something wrong, with them where they live, they have inside information which satisfies them that such is the fact but they are not always fortunate in discovering the exact cause of the gastro-intestinal wrongs they experience. In nine cases out of ten it can be located in an unduly tight sphincter that pinches some branch of the sympathetic nerve and saps the abdominal brain of nerve force that should go toward operating the digestive functions. If not due to tight sphincters there will be found piles or some other form of pelvic irritation to account for nerve waste.

Rectal dilation is of the utmost importance in correcting abnormal conditions causing waste of nerve energy and resulting in stomach disturbances; for permanent benefit it is unequaled, but to bring the much needed relief, where necessary, *Dr. Young's Stomach Tablets* are especially prepared. They are intended for use where there is faulty digestion, gas pains, belching, sour risings, heartburn—and as a digestive stimulant, but the importance of dilation must not be overlooked as a permanent measure, to correct any disturbance due to nerve waste.

CONSTIPATION

We have already, in connection with the discussion of the stomach, made some mention of constipation or costiveness as a factor predisposing to disease. At the risk of some repetition it may be well to consider it by itself as, while due to the same cause as is dyspepsia, and a frequent associate condition of that disorder, it may yet exist quite independent of it. Wasted nerve force may be shared by several organs or the loss may fall principally on some one of them. Thus where the abdominal brain suffers a leak of nerve force, the stomach and intestines may jointly share in the loss, as is most commonly the case, or one may secure its usual share of nerve force and operate naturally, while the other suffers two-fold and is much more affected by the deprivation. Where the loss falls on the parts jointly both are affected in a measure and there is some degree of both indigestion and costiveness. Where all the loss is stood by the digestive organs there is more pronounced indigestion, but a daily movement of the bowels carries off such of the undigested mass as reaches it. On the other hand, where all the loss is sustained by the bowel, there is fairly good digestion, but the matter that is not fit for absorption

is not properly carried off and may decompose and cause trouble and become hardened and press on delicate structure, causing both inconvenience and impairment, thus providing for a further source of nerve waste because of the added irritation.

All food that enters the stomach contains a certain amount of building material for the body and it also contains a certain amount of residue or waste. It is the function of the alimentary tract to separate and absorb the building materials and pass them into the blood for distribution, and at the same time pass the residue on and down through the numerous folds of the bowels and out of the system.

This process is constantly going on within the bowels of a healthy person, and the result is rosy cheeks, a clear skin, steady nerves, an active mind and muscles that respond quickly, steadily and with splendid strength. When this process is arrested a state of ill health is set up at once; the entire system, nervous and muscular, is deranged.

Because the bowels move daily is no sign that one is free from constipation, though many so believe. With many people tardy and incomplete evacuation is commonly prevalent and ranges from six to thirty-six hours. Elimination of body waste should be prompt and punctual. It makes a wonderful difference. A few treatments with the dilators will correct this condition.

asthma, headache, rheumatism, nervousness, insomnia, eczema, etc. All these and finally worse troubles result. In many cases of chronic diseases when the trouble appears to be in the lungs, stomach, heart, womb or some other organ, the real cause of all the trouble will be found in the rectum, due to a long-standing case of constipation. With this relieved an immediate improvement is felt, these organs having simply been making complaint for the rectum through the sympathetic nervous system. The liver is an organ that is always in trouble when there is any rectal irritation. The liver being a scavenger for the blood as it passes through it, finds more work to do than it is capable of, and cannot purify it because the blood, by the absorption of the poisonous products of the retained fecal matter in the intestinal canal, becomes heavy, and the circulation sluggish. This impure blood then passes on through the body back to the heart and out again, where the lungs cannot do their duty in clarifying the blood in order to give it the life-giving force.

Women are most noticeably affected by chronic consti-

By the retention of fecal matter the blood is poisoned, and is evidenced by a sallow or pimply skin. This is followed by many serious results, such as

pation and its many consequences or complications. The hardening of the accumulated mass of fecal matter by its pressure on the womb causes a congestion of the blood supply, weakens its support and is frequently the cause of prolapsus (falling of the womb) with uterine complications, bringing continual distress to the sufferer and causing reflex nervous disturbances which are peculiar to the female sex. Many cases of this character are on record where immediate and permanent relief followed treatment by rectal dilation.

Dilation during pregnancy is of immeasurable benefit and is rendered so simple, safe and inexpensive by means of Dr. Young's dilators that no woman should think of undergoing such experience without them!

Especially during and following confinement is dilation of the utmost importance, and every expectant mother should have a set of the dilators. During pregnancy, a great many women, especially young mothers, find themselves afflicted with nausea, weak stomach, piles, constipation and the like, especially during the first confinement, which might be avoided by the use of the dilators. Their use will so stimulate the entire digestive tract and the circulatory system, that a healthful condition is maintained. There is nothing known that will better prevent and correct these unnecessary conditions, and do away with fear of childbirth.

The same treatment is equally necessary and helpful to women and young girls who experience pain during their monthly periods.

In men the injury done by a large accumulation of hardened feces in the rectum and colon exerts itself by pressure on the prostate gland as well as the bladder and urethra, the arteries and veins. It also shows the same deleterious

results of lack of circulation and loss of nerve force. We have known many cases of constipation, both in men and women, where sexual weakness had progressed to the point of a total loss of desire or power to properly perform the functions of the generative organs, and as soon as the constipation was cured by the use of rectal dilators the sexual weakness and depression disappeared and normal health of the entire body, muscular, nervous and intellectual, was re-established. This treatment is not exploited as a cure-all, nor do we recommend it specifically for female weakness or sexual weakness, but we do say that it removes the cause in many of these

Men afflicted with prostatic troubles should investigate and use Dr. Young's dilators. They are wonderfully helpful in correcting abnormal conditions and in such cases cannot be used without great benefit.

cases, and in removing the cause, remarkable improvement is observed.

In most cases of varicocele, if traced to its origin, will be found to have had its cause in constipation. The same relaxation of vascular tissue that permitted congestion or stagnation of the blood in muscles that controlled fecal elimination will account for the congestion or stagnation of the blood vessels of the scrotum. And the same treatment as for constipation and piles is indicated.

Dilation has proven wonderfully helpful in prostatic troubles and naturally that could be looked for, as by its employment, congestion is overcome and the abnormal conditions causing this, corrected. We are continually receiving letters from grateful men who have found these troubles to disappear after using the dilators.

The cure of constipation is not a difficult matter if the patient will be faithful and regular in the use of the dilators. Constipation cannot be cured in a day or in a week, unless it be a very mild case in the early stages. The bowels are delicate organs, and, once injured, require careful treatment and some time to restore them to normal condition. It is necessary in the proper treatment of constipation, in order to effect the most rapid and at the same time permanent cure, to re-establish the functions of the bowels, or, rather, aid in the performance of those functions, and at the same time build them up and restore them to their normal condition of health, so they will again perform their duties toward other parts of the body. This is more than confirmed in the abundant nerve supply furnished the intestines by the great sympathetic system already described, when it has been restored to normal tone and activity by using the rectal dilators; the only means that will reach and permanently influence it!

We know from observation, that if the muscular power of the bowels be impaired, constipation is soon an established fact. We also know that if the nerve supply of the intestinal tract be disturbed, or the nervous system deranged, constipation is produced. Constipation may be the result of either loss of muscular power in the bowels or lack of nerve force, or both; we have found that one will produce the other in either case, and that the only method that can be depended upon to correct this in practically every case, is rectal dilation, which looks carefully to re-establishing the muscular power and at the same time reorganizing and revitalizing the nervous system by stopping undue wasting of nervous energy to antagonize and resist the disturbing and depleting influences of sympathetic irri-

tation. As the treatment continues the bowels acquire their normal strength, the nerves are reawakened and a state of health is re-established.

Constipation is frequently found to be the cause of obscure or complex diseases, even though there may be a daily evacuation, as the mucous membrane of the colon, on account of imperfect nutrition, the abuse of cathartics, or other causes, becomes coated, preventing its natural activity, and in this way retains part of the accumulation for days and weeks. When such conditions exist, there is no use in seeking relief through the use of cathartics, as they cannot give even temporary relief, but simply add insult to injury. The method of procedure is to relieve the overloaded colon by internal baths, in conjunction with rectal dilation.

We do not advise the regular use of rectal injections, as this practice tends to disturb the normal flow of blood to the parts, deprives the bowel of its natural secretions and thus helps to establish a chronic state of weakness of the bowels instead of reproducing strength and nerve force. Many cases of constipation, however, will receive temporary relief and benefit by the injection of two or three quarts of warm water once daily or every second day during the first two weeks of the treatment. The object of this is to unload the impacted colon and to quickly relieve the system of the poisonous influence of retained and decomposing waste material which is as dangerous within the body as it is offensive after being expelled therefrom. For this purpose may be used an ordinary fountain syringe.

CATHARTICS

From time almost immemorial constipation has been attributed to a torpid or inactive liver, and for the same time it was thought, and is even to this day, that the right thing to do was to give something to stir up the liver and force the bowels to move.

We will admit that it is possible in this way to move the constipated bowels, and afford temporary relief, but at what cost? First, a cathartic is an irritant—no one will dispute that—and it begins its irritation in the mouth, then in the stomach, and on down to the small intestine, then the colon, and finally the rectum, each getting its share of this unreasonable abuse.

Every person who habitually resorts to the use of a fountain syringe or enema should reflect. Such procedure is a temporary makeshift and will pauperize the system. Why not employ dilation which soon makes you independent of the other and brings health and vigor in its wake.

The old-time medical practice, and not a little of that of today, is the cause of the "liver pill fiends," the candy cathartic and fig syrup habit, and the use of various "regulators," usually made quite palatable and advertised under harmless-sounding and misleading titles, but invariably containing harmful cathartic drugs. The use of the many laxative and aperient waters is quite as objectionable, their action depending on the amount of mineral cathartics they contain. These habits are formed through ignorance of the results that surely follow the use of such nostrums, none of which can be used regularly without leaving the victim worse off than before their use was begun. Our livers are not so frightfully depraved that we need continually subject them to abuse. Recently a professor in a well-known medical college, discussing the formula of a commonly employed laxative pill, said: "One ingredient irritates the stomach, another the liver, another the upper bowel, and still another the lower bowel. It really seems to be a diabolical concoction calculated to

scrape the whole length of one's inwards and play the very devil with the alimentary canal from throat to sphincter."

For the crank case of an automobile, a good lubricating oil is unequalled, but one's stomach should not be subjected to such treatment, which at best gives but little temporary relief and interferes with digestion. Dilatation is nature's way of correcting faulty bowel habit and every time it is employed you are better for it.

According to nature's laws, everything that has action also has reaction and the reaction of cathartics is a bad one. The use of cathartics is ill-advised, unscientific, very injurious, and really to be deplored. They, first by their irritation, cause an oversecretion and excretion of fluids, drawn first from the stomach, leaving that organ in an irritable condition, then following down, the small intestine, throughout its whole length, comes in for its share of the irritation, followed by the colon, and finally the rectum. And all this disturbance of a thirty-foot tract, duct, or tube, for what purpose? For the relief in almost every case of the lower six inches of the canal. They thus deprive the whole tract (by a method of draining) of their natural fluid secretions, thrown out by the glands studding the whole intestinal tract, to facilitate the onward movement of the fecal matter. This effect of the drug continues until its force is exhausted, when the reaction begins and slowly but surely nature's forces are weakened and the constipation returns in a more obstinate form than before. Then the same thing is repeated—in fact, must be repeated, as the sufferer says—because it is the only way he can get

relief; and so this is repeated again and again until the drug seems to lose its power and the bowels refuse to move after the use of even the most drastic cathartics, the system progressing rapidly in its downfall, owing to this dreadful constipation. Even in health the system cannot be continually subjected to dosing with strong drugs without baneful effects. How unreasonable, then to subject it to such a burden when weakened by disease!

Dr. Young's Laxative Tonic Tablets are intended especially for people who have gone too far with the cathartics and laxatives so frequently employed. They, however, are entirely different and intended as an adjunct with dilation and as a constitutional remedy. In obstinate cases of constipation, especially if of long standing, this remedy is recommended.

Another great objection to the use of cathartics is that the stools forced in this way are so loose that they fail to accomplish just what nature intended they should do; that is, to dilate the sphincters of the rectum, nature's method being to dilate these muscles by normal bowel movements, and in this way flush the capillary circulation, which equalizes the general circulation of the blood.

In this manner congestion of the blood in any part of the body is relieved. It may be in the head, causing headache; or it may be in the rectum, causing piles, etc. When we fully comprehend the importance of dilation and understand its influence over the entire system, it becomes at once one of the greatest and most useful of all remedies that we have to combat disease.

In the most stubborn cases of constipation we recommend the use of Dr. Young's Laxative Tonic Tablets. They do not act as a cathartic but as a constitutional tonic remedy. When used in conjunction with the dilators they strengthen and restore the nervous system and greatly aid the dilators in establishing regular and natural bowel habit. The Laxative Tonic Tablets are especially recommended after the abuse of cathartic drugs, and with the faithful use of the dilators, compose a treatment that seldom has failed.

To persons who have for years been obliged to use a fountain syringe or a cathartic to have any movement at all, this treatment is a most welcome relief. As a rule, from the time dilation is begun all cathartics may be abandoned without the slightest fear of having to return to them. In most cases the bowels will move regularly and normally from the beginning of the treatment, and if the treatment is taken regularly until a normal condition of the bowels in health is restored, the result is permanent.

The habit of drinking plenty of pure water is a good one. Nothing is more essential to existence than water, and many fail to drink sufficient of it to maintain the proper proportion of it in the system that elimination may be successfully carried on. The lack of fluids in the body is the cause of kidney and bladder troubles, and one of the predisposing causes of constipation. The regular free use of good water internally is of more importance than its external use. One should make a practice of drinking at least four or five glasses of water each day.

One can hardly read the description of this treatment without being convinced that it is based upon common sense and is one which must, by very force of natural consequence, cure constipation, its many evil complications, and restore health. The danger is in delay; putting off from day to day the ordering of the treatment which will make new men and women, happy men and women, of sick and ailing persons.

The only logical treatment for costiveness and the only treatment that can give any permanent relief is that which will supply the necessary nerve force and muscular strength to the entire alimentary tract. That treatment is **rectal dilation**, and it has been demonstrated in thousands of cases, many of them desperate and brought on or firmly established by the habitual use of liver pills and cathartic nostrums. Dilation supplies the one condition necessary to enable nature to complete a cure. It is simple, practicable and sensible, and appeals strongly to any intelligent, thoughtful person. The first few days of its use usually shows a marked improvement and if the patient realizes the importance of using the dilators regularly each day, a few weeks' time will generally overcome all the evil caused by years of neglect and abuse of cathartic drugs. The time required, however, is determined by the regularity with which the dilators are used and the age and recuperative power of the patient. With young people the treatment naturally responds more quickly than with those of advanced years. However, age is no barrier.

AUTO-INFECTION

Everything we have stated about auto-intoxication or self-poisoning from absorption of decomposing matter due to imperfect digestion may be said with equal truth about the absorption of fecal matter that has remained in the body too long and suffered putrefactive changes. Thus constipation exposes one to many of the ails and ills that result from indigestion. As, however, the two conditions

frequently result from the same cause (a waste of nerve force that robs the abdominal brain of energy to operate the functions over which it presides), indigestion and constipation are commonly found associated, and are cured by the same means, namely, dilation of the rectal sphincters.

In the passage of food through the stomach and small intestines the system absorbs the nutritive elements of the food and also the surplus moisture, so the refuse or fecal matter should undergo but slight change after reaching the colon. There is a great difference, however, between a normal movement of the bowels, which is a natural physiological process, and the forced movements after the fecal matter has been retained longer than nature intended. As we are well aware, the result of this is that the excrement undergoes still further changes; fermentation takes place and foul gases are generated along with poisonous ptomaines, causing the absorption of putrefactive products into the circulation, this being a factor in almost any and all kinds of serious constitutional disturbances. When we remember that in certain cases it is necessary to feed the sick by injecting foods into the rectum and colon, which are there promptly absorbed, we can better understand that absorption of any putrid fermented matter will quickly and surely cause auto-intoxication or self-poisoning with its consequent impurity or depravity of the blood. Then the whole system is called upon to throw off or work out the poison from the system, which it may be able to do fairly well for a time, for nature is a good healer and all her efforts are toward repair; but in a time the system weakens and refuses to do more because it is overpowered with the poison, which may manifest itself in various forms, as eczema, neuritis, headache, nervousness or other chronic condition, attacking the organ or organs having the least power of resistance.

PILES OR HEMORRHOIDS

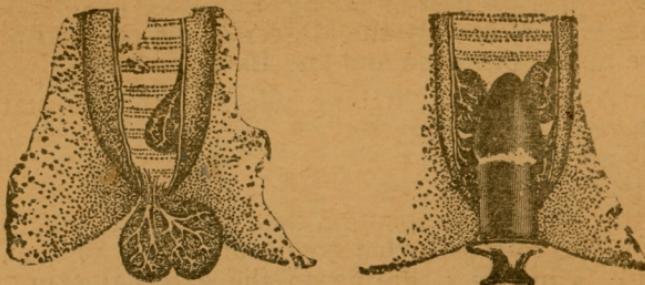
Piles or hemorrhoids are tumors upon the walls of the rectum or more particularly upon the walls of the anal strait (which is often designated as the "pile bearing inch"), and about the neighborhood of the anus. This is a diseased condition of the veins and arteries of the lower bowel, the tumors varying in size from the head of a pin to the size of a walnut, sometimes protruding like a bunch of grapes. At first these tumors will only slightly protrude, when the bowels operate; but they gradually increase in size, and if they are neglected will not of themselves

return to place, finally coming down on the slightest exertion.

When the dilator is in place it brings a gentle and regular pressure to bear upon the engorged terminal vein or pile, and the sluggish blood is gradually forced into the circulation. The tumors gradually decrease in size as the pressure of the dilator gently forces the blood into the circulation and the piles disappear as a natural result.

External piles do not belong to the rectum and will come out again if forced in. They usually cause no pain unless inflamed, when they may occasion considerable distress. There are two kinds of external piles. One is a blood tumor called "sanguineous external pile," and it is practically an enlarged, sometimes ruptured, terminal blood vessel. The other, known as a "cutaneous pile," is really little more than a tab of skin.

Internal piles belong to the rectum or to the anal strait, and if they protrude should be replaced. Where they neither protrude nor bleed their existence may be unknown, and yet at the same time dissipate nerve force and wreck one's health. Many people are afflicted with piles and do not know it. While they may suffer in some other way they do not realize the real cause of their trouble. We sometimes hear of cases where the dilators are being used for constipation or possibly chronic headache and where, after using the dilators, piles appear. Of course it is not



possible for the dilators to cause piles, but by using them, the blood circulation is aroused and these so called blind piles make their existence known. With the dilators one is fortunate in having a treatment that will not only show up an abnormal condition but prove the best thing to correct it.

A lubricant is necessary in using the dilators and for that purpose is recommended Dr. Young's Pile Ointment. This preparation has valuable healing and antiseptic properties

and is wonderfully helpful where any healing agent is needed but is especially valuable where there are piles, fissures, abrasions or rectal itching.

It should be remembered that the veins of the rectum do not have the little valves to support the return blood current which many other veins of the body possess, therefore they are peculiarly liable to over-distention and the formation of varicose conditions when the blood circulating through them becomes sluggish or obstructed; and, as obstructed circulation in the rectum usually accomplishes

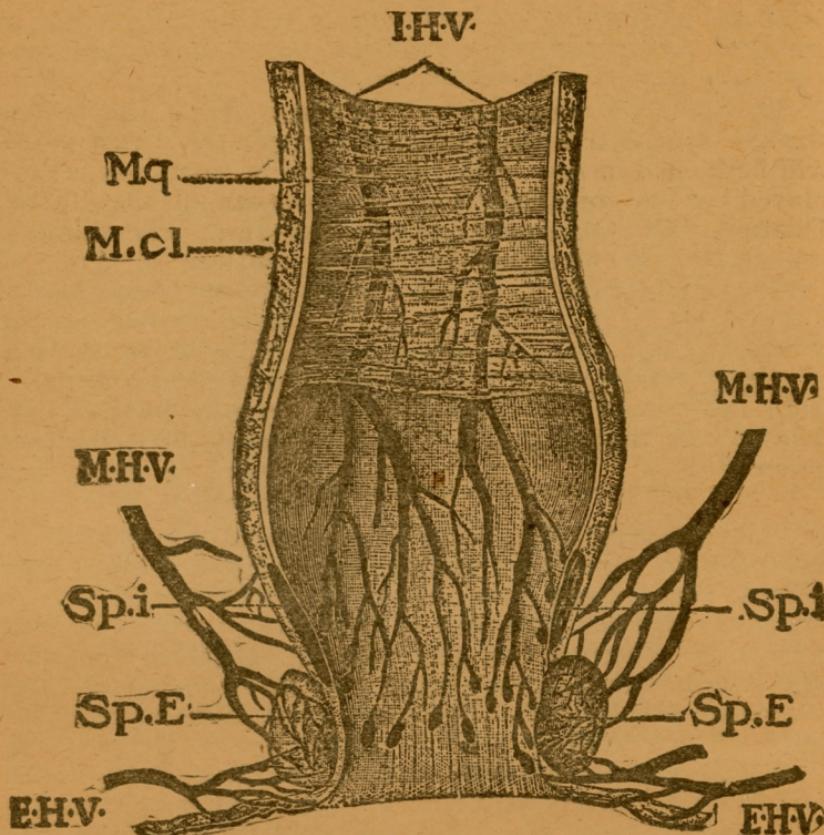
constipation, because of pressure of hardened feces, one can readily perceive the relationship between them as cause and effect.

The advantage of using Dr. Young's Pile Ointment with the dilators cannot be over emphasized. It is not only the best lubricant but also possesses wonderful healing and antiseptic qualities. It is ideal if one experiences any difficulty at all in using the dilators.

These internal piles, being on a surface supplied by the sympathetic nerve, can, without their existence being suspected, cause many reflex disturbances in distant organs supplied by other branches of this great nerve. Internal piles often ulcerate and give rise to abrasions that may develop into other serious rectal troubles as ulcers, fissures, abscesses, fistulas, etc. There are three kinds of ordinary piles. The "capillary pile" is usually small, is apt to be high up, presents a granular surface, and bleeds easily. The "arterial pile" is commonly larger, often pulsates perceptibly, and if ruptured is likely to bleed profusely. The "venous pile" is usually the largest of the internal piles and is more apt to protrude and less likely to bleed.

What is known as "itching piles," as before stated, are not piles at all, although the conditions may occur in a person who has piles and prove an annoying complication. Anal itching is usually caused by a discharge, often scarcely more than a slight moisture, that is secreted by a rectal ulcer or due to a catarrhal condition of the rectum, which moisture is highly irritating to the external skin. While anal itching is not piles, and "itching piles" is an improper term or expression, yet the same general causes predispose to both piles, ulcers and rectal catarrh, and they may all be cured by a faithful use of the rectal dilators.

In addition to the pain and annoyance, piles are more far-reaching in their effect than is generally supposed. They are a constant drain upon the sympathetic nervous system, and often lead to nervous breakdown. Bleeding piles are a continual drain on the blood supply, causing anaemia, ema-



I-H-V: Internal hemorrhoidal veins.
 E-H-V: External hemorrhoidal veins.
 M-H-V: Middle hemorrhoidal veins.
 M-q: Mucous membrane or layer.

M-cl: Muscular coat or layer.
 Sp-I: Internal sphincter muscle.
 Sp-E: External sphincter muscle.

ciation and exhaustion. Many ailments which the general practitioner does not trace to this source are directly due to hemorrhoids. It is generally believed that more pain and suffering are caused by diseases of the rectum than by diseases of any other organ. These diseases, which afflict so large a part of the human race, had been regarded by the profession, until treatment by dilation was perfected, as among the most obstinate to cure, especially without surgical interference.

The complete and permanent cure of piles is usually not a difficult matter when the right treatment is employed, and many thousands of men and women have found the treat-

The illustration shows the rectum and anal-strait slit open and flattened out, exposing the severed edges of the bowel, also the edges of the divided sphincter; and the beginning of the rectal veins, as they develop into veins from out the capillaries. When conditions are favorable these terminals become distended and develop piles.

ment we recommend to be the right treatment. Nature is the great healer and only by enlisting her forces by correcting an abnormal condition can permanent good result. Many cases respond quickly—we mean in from four to ten weeks—by the use of the dilators alone, but these cases will be helped in less time if the complete treatment is employed. This complete treatment consists of the Rectal Dilators, Pile Ointment and Suppositories. The dilators relieve the congestion of blood and establish a vigorous, healthy circulation. This is the all important thing to do. The Pile Tablets, while absolutely harmless, usually afford relief from pain. They will be found of value in many cases of piles (rectal prolapsus also). They are used internally and relieve the aching, pains, soreness and inflammation. In cases where there is much pain or bleeding they are recommended.

In cases of piles, where there is much pain or inflammation, or where the rectal muscles are tight and sensitive, great, and almost instant relief will be found in using Dr. Young's Pile Ointment. It relieves the inflammation or soreness, makes the muscles more flexible, and enables one to use the dilators with ease and comfort, accelerating the cure in any case.

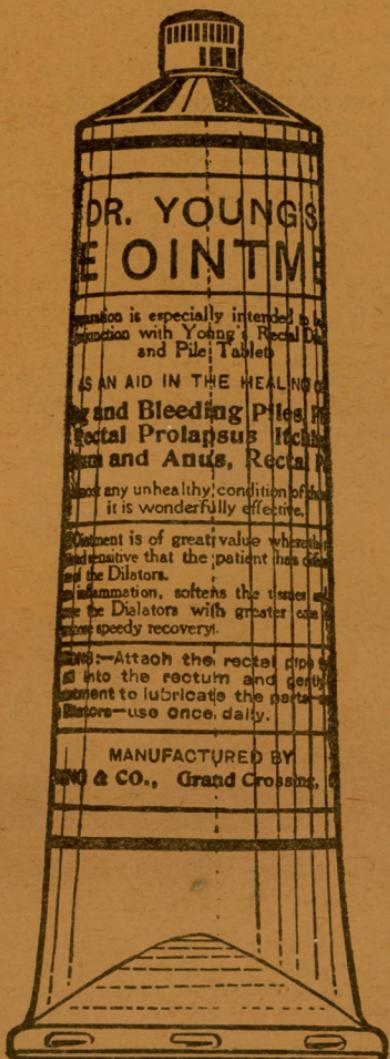
The pile ointment is put up in large tubes with a pile pipe so that it can easily be applied to the affected parts. This ointment can also be used to advantage in cases of rectal fissure, or fistula, or wherever there is soreness or inflammation, as it has great healing and curative properties.

Many sufferers from piles who have undergone surgical operations without relief or cure have been surprised and delighted with the results of the dilation treatment. The surgeon's knife does not cure hemorrhoids, but simply removes them as they are developed. This method of treatment is painful and expensive, causing great loss of time, and only gives temporary relief. After such treatment the underlying cause remains and hemorrhoids return, for the tight sphincter muscle, by its excessive pressure, is certain to reproduce them with these conditions favorable.

To establish the circulation all through these parts is absolutely necessary to effect a cure, and there is nothing so potent as the gradual dilation of the sphincters, not forcibly but by the use of the graduated dilators, using first such a size as can be inserted without too much pain, daily, until the sphincter readily, easily and almost painlessly responds to the introduction of the dilator, when the next larger size should be used in the same way for a reasonable

(Continued on page 34)

Dr. Young's Pile Ointment



F. E. Young & Co., Chicago, Ill.
Gentlemen:

I duly received your Pile Ointment and have been using same for one month. I must admit that it has given me greater relief and satisfaction than every and all Pile Remedies, both advertised and sold in the local drug stores. I considered myself incurable until, very fortunately for me, I heard of your treatment through a friend who had used your Dilators. Now I have no hesitancy in recommending them and your treatment to those of my acquaintances who, like me, despair of being cured.

I have received such marked benefit that I will continue your treatments, feeling sure of a complete cure.

I thank you for the booklets. Have placed them in the hands of other pile sufferers.

Yours thankfully,

MRS. T. RYAN.

This preparation is especially intended to be used in conjunction with Young's Rectal Dilators. Thousands have found it to be a most effective and reliable remedy to relieve the pain, soreness, inflammation and itching of piles, and we believe it to be one of the best local remedies for the purpose. For the healing of itching and bleeding piles, fissure, ulcers, rectal prolapsus, itching of the rectum and anus, rectal pains. For any unhealthy condition of these parts it is wonderfully effective.

The Pile Ointment is of great value where the rectal muscles are so tight and sensitive that the patient has difficulty in beginning the use of the Dilators.

It relieves any inflammation, softens the tissues and enables the patient to use the Dilators with greater ease, insuring a more speedy recovery. Its wonderful healing and curative powers will be felt almost immediately after applying. The Pile Ointment is sold in large metal tubes, convenient to use. The tube is fitted with a rectal pipe, enabling one to apply it well up into the rectum when necessary.

The Pile Ointment is the best and most convenient lubricant to use with the dilators and anyone using the dilators should have it.

Price, large tube, 50 cents, 6 for \$2.50.

If your druggist cannot supply, order direct of us and it will be sent prepaid on receipt of price.

Newport, Ore., February 22nd, 1919.

Price
\$3.75 Per Set
In United States.

DR. YOUNG'S IDEAL

Sold Only in
Sets

SELF-RETAINING

RECTAL DILATORS

FOR THE INTELLIGENT TREATMENT OF

PILES, CONSTIPATION, NERVOUSNESS

DYSPEPSIA, HEADACHE, RHEUMATISM, INSOMNIA, ASTHMA, INDIGESTION, ECZEMA AND
DISEASES OF THE CARDIAC, SMOOTH CIRCULATION, MAL-NUTRITION, DEFECTIVE
EXCRETION AND THE ABUSE OF LAXATIVE DRUGS

FOR WOMEN—Wonderfully beneficial during pregnancy and before and during period.

FOR MEN—Particularly recommended in prostatic troubles.

DIRECTIONS.—Select a size that can be inserted without discomfort. Lubricate with vaseline or with Dr. Young's Pile Ointment, and while in a squatting position, while lying on the side with the knees drawn up, gently insert the dilator for a few minutes. Hold in place a minute and the rectal muscles will close around and retain it. The dilator should be allowed to remain for half an hour or an hour to get the best results, though even if retained but a few minutes it will accomplish much good.

When using a dilator, it is well to use the next smaller size for a few minutes, inserting and withdrawing it several times. This should not be overlooked.

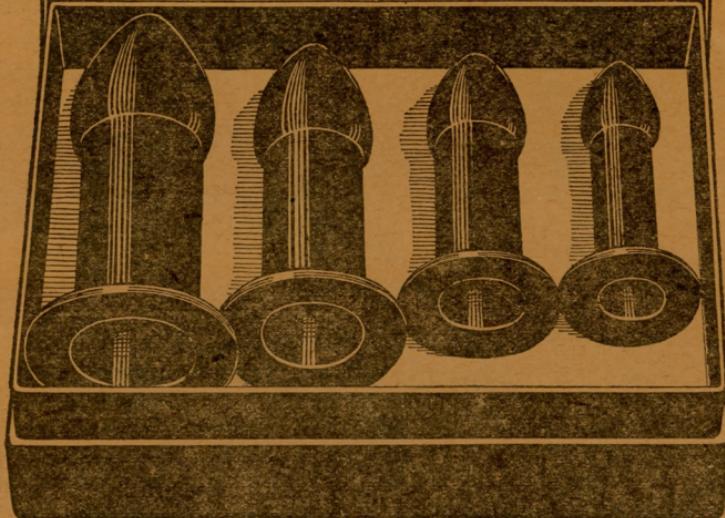
Use at any convenient time and only good can follow. Their regular use tones and strengthens the muscles. If used at night they will afford a great power and natural refreshing sleep. Their use in the morning induces natural bowel action and a quiet time, which is favored by nature.

To obtain the best results the dilators should be used once each day. Use them while sitting or when lying down. If used when sitting, the pressure is brought upon the part which is a great advantage—especially in case of piles. This pressure forces the congealed blood from the rectum and is a great benefit.

Begin with a size you can use with ease and follow in order with larger sizes, using each size one, two or three weeks, according to your best judgment. If the dilator causes pain at first, it only indicates great need of the treatment, and the pain will decrease as the treatment progresses, or this may be relieved by using Dr. Young's Pile Ointment.

TO CLEAN.—Wash with warm or cold water and soap. Do not put them in boiling water.

F. E. YOUNG & CO., 7431 South Chicago Ave., CHICAGO, U. S. A.



The above shows the regular set of four sizes of the new improved Ideal dilators. While the other dilators supplied by us for many years have given the greatest of satisfaction, this new model has marked and practical advantages in that the wide flange enables one to use them when sitting which brings a pressure to bear upon the congested parts. They also have a small hole in the end that serves as a vent and the slight increase in length has been found an improvement.

The Ideal dilators are made only in four sizes as supplied in the regular set and meet the requirements of most people. If larger or smaller, or longer sizes are wanted they are supplied only in the other model shown on page 63.

If your physician or druggist does not recommend the Dilators, it is either that they don't want you to have the best thing for your purpose or they are not informed on what is the best. The use of Dr. Young's Dilators assists Nature to cure your ills and keep you well. If you cannot obtain them readily of your druggist, save time by sending direct to us. Your order will have immediate attention.

The Dilators, per set, postpaid.....	\$3.75
Dr. Young's Pile Ointment, postpaid, 50c; six for.....	2.50
Dr. Young's Laxative Tonic Tablets, postpaid, 50c; six for.....	2.50

time, possibly two or three weeks, followed by the others of the set, the patient being guided in the selection and length of time necessary for each dilator by his (or her) individual case.

DIARRHEA

Diarrhea is, as we know, the opposite of constipation. The cause may be the same, as scientifically the same cause may produce either one of extremely opposite effects, and opposing causes may also produce a like effect. Diarrhea is a catarrh of the bowels, which in its chronic form is very obstinate, usually, though not always, exhausting by sapping the vital forces. The small intestine, which assimilates the food and in this way gives to the body its nutrition, in chronic diarrhea loses its power. The intestinal tract becomes flaccid; in fact, the whole body, including the circulation, suffers through the lack of dilation. If diarrhea should become inflammatory serious results follow. By first establishing a good circulation much is gained toward a cure of the condition, and as this is maintained a cure will eventually follow. The stimulation of the intestinal tract is directly accomplished by a gradual, regular dilation of the sphincter muscles which enables nature to restore a healthy condition. The use of the dilators is recommended in all cases of diarrhea and in dysentery as well. The stretching of the sphincter muscles that occurs regularly in normal health is lacking when these conditions prevail and an improvement will soon be observed when the treatment is employed.

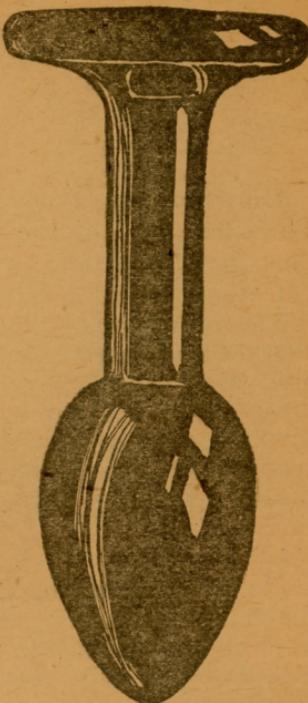
RECTAL PROLAPSUS

Rectal prolapsus is where the walls of the rectum fall down or project outside of the external sphincter ani muscle—the circular muscle that surrounds the outlet of the alimentary tract and acts as a puckering string to keep it closed except when it is necessary or desirable to empty the bowel, or, as is sometimes the case, to introduce something into it. Rectal prolapsus is due to a lack of tone in the parts, as ordinarily no reasonable amount of straining should be sufficient to force the walls of the rectum outside of the body. Rectal prolapsus is not easily cured and at best requires time, persistence and patience. There is no method of treatment as important or that will accomplish as much toward this end as rectal dilation. Many bad cases have been cured by this means and it is of the utmost importance in all. Dilation will establish regular and natural bowel habit, which is necessary to relieve the straining and

remove the cause of the trouble. It strengthens the rectal muscles, enabling them to regain lost control and to assume their proper position.

The little device shown here will be found helpful in many cases of piles where there is a tendency for them to come down, also may be used with benefit in cases of rectal prolapsus. When in place it may be retained for quite a time and some report that they could not get along without it. Its use must be left to the discretion of the patient. There is no objection to using it the greater part of the day when found beneficial and generally it is not at all uncomfortable to use.

Price \$1.00, postpaid.



Dr. Young's Pile Support.

RHEUMATISM

There are different phases and kinds of rheumatism. Acute articular rheumatism is an acute febrile disease of constitutional origin in which the joints are chiefly affected. It is generally caused by exposure to cold or sudden changes of temperature, and is most common in winter and spring. Insufficient or improper food, overwork, exposure to dampness, constipation, and particularly a lowered vitality, predisposes to it, but, whatever the cause, it is and must be based primarily on a disordered nutrition. No age is exempt. The chronic rheumatic diseases are found in middle life. In both acute and chronic rheumatism the heart is frequently affected. Another kind which causes great pain is muscular rheumatism, affecting principally the voluntary muscular system, and found most often in the male sex. Lumbago, wry neck, muscles of the scalp, neck, side, shoulder and arm, abdominal muscles, etc., are of this character. All treatment directed to the relief and cure of these conditions is to establish a good circulation,

capillary and general, whether it be by heat, fomentations, electricity, or what not—but the best method to promptly and effectively establish this needed circulation, general or local, is by dilation of the sphincter muscles, which is best accomplished by the use of Dr. Young's Rectal Dilators. They quickly relieve congestion and establish regular bowel habit and a healthy, normal circulation. This is all important where the heart is affected.

Salmet, a preparation made by us for many years, has proven a very helpful remedy in some forms of rheumatism. It is particularly recommended in acute forms and where there is inflammation. As internal remedies go, we believe there is no better general remedy but the best results are obtained when the dilators are used to aid in helping the circulation and the heart action.

The intelligent selection of foods will go far in helping to correct rheumatic troubles. Learn about those that cause an acid condition to develop and avoid them.

INSOMNIA

In order to secure natural sleep it is necessary to have a normal circulation. To remove circulatory obstructions and obtain this is the object sought. In such cases there is nothing that will accomplish this end as readily and bring about such happy results as rectal dilation. It is a great promoter of natural, refreshing slumber, a condition very different from that produced by the use of drugs. Dilation equalizes the circulation of the blood, relieving the congestion of blood in the head, which was the cause of undue mental activity. The dilator should be used when retiring, the largest size that can be inserted without discomfort, and it should be retained about half an hour. People occasionally report to us that they fall asleep and allow the dilator to remain all night. The new style (Ideal) dilators are made with a wide flange that prevents any possibility to their being drawn into the rectum during sleep and there is no objection to using them all night.

ECZEMA

This disease takes on various forms, and is generally supposed to be purely a local or skin disease. This is a mistake, as is also the usual method of attempting to cure it with local applications, such as ointments and lotions. The prevalence of eczema in its various forms, is due to the stagnation of venous blood, poor capillary circulation and the absorption of poisonous matter into the blood from fermenting undigested food products in the upper bowel, or

from fermenting undischarged fecal matter (due to constipation) in the lower bowel. The pimples, eruptions and blotches on the face, neck and body are all due to the same causes, and in all cases, whatever the cause, there will be found an imperfect capillary circulation, which is the blood current that nourishes the superficial structures and skin of the body. Whenever we find a poor capillary circulation there is usually a tendency to indigestion or to constipation, or to both.

It is a waste of time, patience and money to depend on the use of ointments and cosmetics in the treatment of such diseases. No lasting benefit can be had by doctoring the skin in such a way when the impure condition of the blood is the cause. The object should be to overcome that condition by allowing nature to throw off the impurities through the natural channels. This will be the result when the blood current is established. The same treatment which flushes the capillaries brings new life to the skin and will do more than all the drugs to secure a clear, healthy complexion.

If the constipated habit is well established it is recommended that the colon be flushed occasionally to relieve it of the accumulation. Dilatation of the rectal muscles should be practiced regularly for a time, which will flush the blood vessels in a manner to bring nutrition to the skin, promote a healthy circulation and dispel the blood impurities.

When we seriously consider the cause of eczema the importance of removing this cause is apparent. It takes time and faithful persistence to do this, but rectal dilation is of the utmost importance in establishing regular and natural bowel habit and in enabling nature to get rid of the impurities in the blood and system.

The gratifying reports we have had from people who have been cured of eczema by the use of the dilators warrants us in urging their use and especially in cases of the most obstinate character.

FISTULA

Fistula is a false or unnatural passage into or through the flesh. It commonly starts as a rectal ulcer due to proctitis, as previously explained, or as an internal pile that became injured and ulcerates down to the rectal wall, causing an abrasion of it which eating deeper forms a raw pocket in the flesh into which fecal matter collects and the irritation provokes an abscess that eats through the tissues to an external opening forming a false passage from the gut to some spot in the vicinity of the anus. It may, however,

first start as an abscess, due to irritation or congestion and inflammation of the deeper tissues about the lower bowel, caused by an over-tight sphincter interfering with the circulation; which abscess may break either into the bowel (making an internal fistula), or outside (forming an external fistula), or both outside and into the bowel (resulting in a complete fistula). Sometimes it burrows in various directions, forming a number of sinuses or passages, with only one or with several outlets, making a most baffling and difficult form of fistula to cure. A fistula tract is commonly tortuous, and there are frequently blind sinuses leading from it into surrounding tissues. Sometimes it passes nearly around the bowel and opens on the opposite side forming what is known as a "horseshoe fistula." Fistula is difficult to cure, for its own discharges, or fecal matter and gases which find their way into it, keep up a continual irritation. It is easier to prevent fistula than to cure it. If one would relieve any tightness of the sphincter muscles or overcome any irritation, by using the dilators if necessary, they would avoid all the congestions, ulcerations, and blood-stasis, from which fistulas result. If, however, you already have fistula, there is no treatment for it more important than the faithful and persevering use of the dilators, as it is absolutely necessary to relieve the congestion and re-establish the circulation in conjunction with proper medical and surgical treatment.

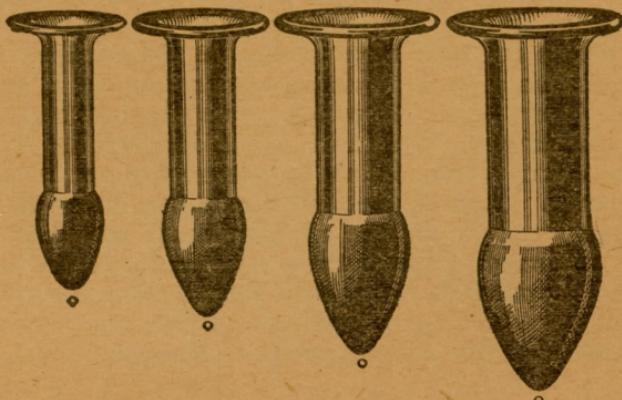
DR. YOUNG'S DILATORS

The regular set of Young's dilators consists of four graduated sizes, made of hard rubber, are self retaining, and are practically indestructible. They are sold only in complete sets, as the best results can only be obtained when the treatment progresses through the use of the several necessary sizes and even though one finds but one or two of these sizes required, the cost of the set is trifling when the benefits are considered. The patient may begin their use with the smallest one that may readily be inserted, and gradually, after using the smaller ones, the larger sizes may be substituted. By far the best results will be found when the patient can make use of the larger sizes, as the more the muscles are dilated, to a reasonable degree, the more pronounced is the remedial effect.

Rectal dilation is simply an enlistment of nature's forces which cures to stay cured and may be discontinued when the trouble is overcome. This treatment is right as it removes the cause, and in consequence, when you cure the

constipation, establish the general circulation and eliminate the poisons from the system, health is the result.

This treatment restores the muscular activity necessary to digest the food and expel the waste matter. It renews the vigor and power of the nerves and intestinal tract. It



SIZE OF DILATORS CONTAINED IN REGULAR SET SHOWN BELOW

Diam. at Bulb	Diam. at Center	Diam. at Bulb	Diam. at Center
No. 1..... $\frac{1}{2}$ in.	$\frac{1}{2}$ in.	No. 3..... $1\frac{1}{8}$ in.	$\frac{7}{8}$ in.
No. 2..... $\frac{5}{8}$ in.	$\frac{3}{4}$ in.	No. 4..... $1\frac{1}{16}$ in.	$1\frac{1}{16}$ in.

establishes and maintains the circulation, thus purifying and enriching the blood. It stimulates digestion by restoring the natural secretion of the gastric fluid. It sweetens and strengthens the stomach and invigorates with life and health all the vital organs.

The dilators may be used by any intelligent person, and only with good results. The only expense is the original small cost. They may be used by any member of the family. When you have learned by experience of the wonderful influence that dilation has over the circulation of the blood and over the organs of respiration and elimination you will appreciate the value of this treatment in almost any unhealthy condition. This method of treatment is very effective in preventing as well as in overcoming disease, and as an invigorating tonic is unequalled.

HOW TO USE THE DILATORS

One should begin with the largest size consistent with comfort, which should be lubricated with vaseline or with Dr. Young's Pile Ointment and gently passed well into the rectum as far as the flange or rim will admit it. This flange is to prevent it going too far. The best position is

when lying on the side with the knees drawn up a little. Hold it to its place a few moments, until the inner sphincter grasps it, after which it will be retained. It should be allowed to remain about half an hour or an hour, but even five minutes will accomplish much good. The dilators may be used either on retiring at night or on waking in the morning, or at any convenient time. If obstinate constipation exists the best results may be obtained by inserting the dilator soon after waking and retaining it for a half hour, an hour, or more, which generally induces a natural bowel movement. The new Ideal dilators, as illustrated, may be worn when sitting or moving about, without inconvenience. And if used while sitting down it brings a pressure to bear upon the affected parts which is of great benefit. If used at night they will be found to be a good promoter of natural, refreshing sleep. The dilators should be used once daily, or every second day, the patient being best guided by the special needs of his (or her) individual case.

There is no objection to using the dilator both morning and night, if one prefers to do so. If this causes any irritation or soreness this may be relieved by the use of Dr. Young's Pile Ointment. The ointment is the very best thing to use as a lubricant on the dilators. Many cases are helped more quickly in this way. In many cases of prolapsus of the bowel, and in cases of piles where they protrude, one of the smaller plain dilators may be worn in some cases during the day with great benefit. The astringent suppositories also will be found helpful in cases of piles where there is much pain or bleeding.

CAN ACCOMPLISH GOOD ONLY

If on beginning this treatment one should experience a slight irritation, or should any nervous symptoms be aggravated at first, it only shows conclusively that dilation is absolutely necessary. It is quite impossible for dilation to do anything but good regardless of what *some* physicians may tell you, its employment strengthens the rectal muscles and it should be persisted in until a cure is effected. In cases where cathartics have been used for years it sometimes requires a little longer time to bring relief, because the system is weakened by the drugs, but if dilation is faithfully employed for a reasonable time it will give permanent relief to the most desperate cases.

The one employing this treatment should fully realize the importance of using it regularly and faithfully. It cannot accomplish the desired result unless this is done. Its

value and reliability have been proven beyond question in thousands of cases and while ordinary cases respond quickly, it requires more time in extremely obstinate cases of long standing, but for all the time so spent it will repay, in health, a thousand-fold.

Do not expect the dilators to always overcome in a few weeks' time what has been caused by years of neglect and abuse of drugs. Be reasonable, and be persistent in their regular use, for on this alone depends the most gratifying and satisfactory results. Some of the most desperate cases show improvement at once; others require time and patience. The treatment is equally important for all.

Some may think on beginning this treatment that they will be unable to ever make use of the larger size dilator. This may be true of some individuals, although almost every normal adult of average size should be able in time to insert the largest size without discomfort, and to obtain the full benefit of the treatment this is desired if it can be accomplished without difficulty, though not absolutely necessary. The patient is best able to judge of this after using them. After one has used each of the smaller sizes for one, two or three weeks to each instrument, the rectal muscles will become pliable and elastic (a natural condition) and little difficulty will be experienced then in inserting the larger ones, especially if the Pile Ointment is used with them. When ready to use a larger size it will greatly aid and be less difficult to introduce it if the next smaller size, well lubricated, is always first taken and inserted and withdrawn several times. *This operation has a most beneficial effect and should not be overlooked.* The treatment should be faithfully continued as long as it is needed. As a rule, marked improvement will be observed after the first few treatments, but it should be borne in mind that most chronic troubles are a long time in developing and necessarily require time and patience in effecting a permanent cure, but this treatment does not subject one to a continual expense, as is the case with all drug treatments.

LET OTHERS TELL YOU

We are aware that many are so conservative as to look upon strong statements claiming unusual curative results, made by the one who may profit by the sale of the curative agency sold by him, with some measure of suspicion if not with absolute disfavor. For which reason we hesitate to tell how exceedingly useful and excellent the dilators are for such a variety of ills as they are so successfully used to cure. If we should set forth, in as glowing colors as

our unbounded confidence and faith in their usefulness warrants, the manifold excellence of the dilators in all ailments of parts presided over by the sympathetic system of nerves, we might subject ourselves to a suspicion of overdoing the matter, from those who have not yet witnessed or experienced the curative results that so certainly and uniformly follow their use in gastro-intestinal and rectal diseases and the various reflex disturbances that frequently result therefrom.

We would like to see the dilators more widely known and generally adopted and have their sales proportionately increased, but we also desire that they should, in their extended field of usefulness, maintain the same high standard of curative efficiency and universal approval that has been their portion among those who now know of them and express much satisfaction from their use. Therefore, in place of further enlarging upon the merits of that in which we confess to be financially interested, we will simply submit, for your consideration, reports from many prominent physicians as well as from those who have employed the dilators but are, and can be, in no way benefited by their increased sales. If space would permit we could publish many thousands of these letters. They will be found on last pages.

A WORD ON DIET

The intelligent selection of foods and their right combination means much to those who would get well and keep their health. There is much to learn along this line and it would make a wonderful difference in the condition of people who are ailing in one way or another if they are prepared to receive such information and can understand the importance of its observance.

There are some foods and food combinations that are mucus forming or acid forming and these should be avoided. They are the cause of many of our ills. Among those in common use are polished rice, degerminated corn meal, and especially all white flour products deprived of their health building elements.

Dr. Young's Rectal Dilators

Are a simple, scientific, mechanical device for the intelligent treatment of chronic Constipation, Piles, Insomnia, Chronic Diarrhea and Intestinal, Rectal and Nervous Diseases due to these conditions.

The treatment is along natural lines and can be used by anyone. It commends itself to the thoughtful person who gives it any consideration and the only result from its continual use would be to strengthen and tone the rectal muscles and maintain normal conditions of health. Their continued use, however, is entirely unnecessary when normal conditions are established.

A great many of the most advanced and most successful physicians recommend and prescribe the Dilators, while we do not hesitate to admit that there are some physicians who regard it unethical or against their own interests to recommend anything like self treatment or anything that does not come through them.

We receive thousands of unsolicited letters, excerpts from some of which we publish here. We believe the best evidence of the value of the Dilators is the fact that they may be bought of almost any reputable druggist or surgical instrument dealer under A POSITIVE GUARANTEE to prove satisfactory to the purchaser or their money will be refunded at any time within thirty days. Why should anyone continue to submit to the inconvenience and humiliation, or suffer the torture of piles or submit to a disagreeable, dangerous and expensive surgical operation when they have learned of this simple, inexpensive treatment that has cured thousands.

If you or if a member of your family is afflicted with piles, rectal itching or a rundown nervous system, or if you or they are one of the multitude depending on a regular, or an occasional dose of harmful cathartic or a glass of purgative water to bring on an unnatural bowel movement, we advise you to send for or get a set of the Dilators and give this treatment a trial. It has guided many on the road to health.

If you have any difficulty in obtaining Dr. Young's dilators or preparations of your druggist, do not hesitate to order direct of us. Your orders will have prompt and careful attention.

Dr. Young's Special Preparations

The preparations described in the following pages are carefully prepared prescriptions that have proven very helpful and satisfactory for the purpose for which they are recommended. They represent the best that has been gleaned in an extensive and successful practice of many years. They are especially intended to be used in conjunction with the rectal dilators where proper medical treatment can be advantageously employed to hasten the restoration of health.

Dr. Young's preparations may be obtained of many leading druggists. If not in stock, most druggists will order them for you, as they are carried in stock by wholesale druggists generally.

To save valuable time and money DO NOT ACCEPT A SUBSTITUTE. If your druggist cannot readily supply you ORDER DIRECT FROM US. We give mail orders immediate attention and you will quickly receive what you order. We will send any of these preparations prepaid on receipt of price, which may be remitted in stamps, postal order, express order, or check.

PRICE LIST

Dr. Young's Rectal Dilators, per set of four.....\$3.75

(Price of Dilators in Canada \$4.50 or \$3.75 per set if ordered direct of us and duty paid by purchaser.)

Dr. Young's Pile Ointment, large tube, 50c; six for..... 2.50

Dr. Young's Laxative Tonic Tablets, 50c; six for..... 2.50

Dr. Young's Stomach Tablets, \$1.00; three for..... 2.50

Dr. Young's Astringent Suppositories, for bleeding and painful Piles, box of 12, 75c; six boxes..... 4.00

Salmet Tablets for Rheumatism, 50c; six for..... 2.50

Any of these preparations, if ordered direct of us, may be ordered at the rate of six packages of a kind for the price of five.

Dr. Young's Laxative Tonic Tablets For the Intelligent Treatment of Constipation

This preparation does not act as a cathartic or purgative, having but mild laxative properties. It is valuable as a constitutional remedy in the treatment of chronic constipation and all the evil effects of that condition, and is especially intended to be employed in conjunction with Dr. Young's Dilators. Regular use of the Dilators, for a time, is necessary to establish regular and natural bowel habit. This remedy will materially aid in restoring normal conditions, acting as a systemic tonic to the weakened nervous system.

The Dilators alone have cured thousands of the most desperate cases of chronic constipation, but in obstinate cases, especially of long standing, the treatment responds more quickly if this remedy is employed and it does not have the harmful effect that do most preparations used for the relief of constipation. Especially recommended after the abuse of cathartic drugs.

Boxes containing one month's treatment, 50c. Six for \$2.50. If your druggist cannot supply, we will send postpaid on receipt of price.

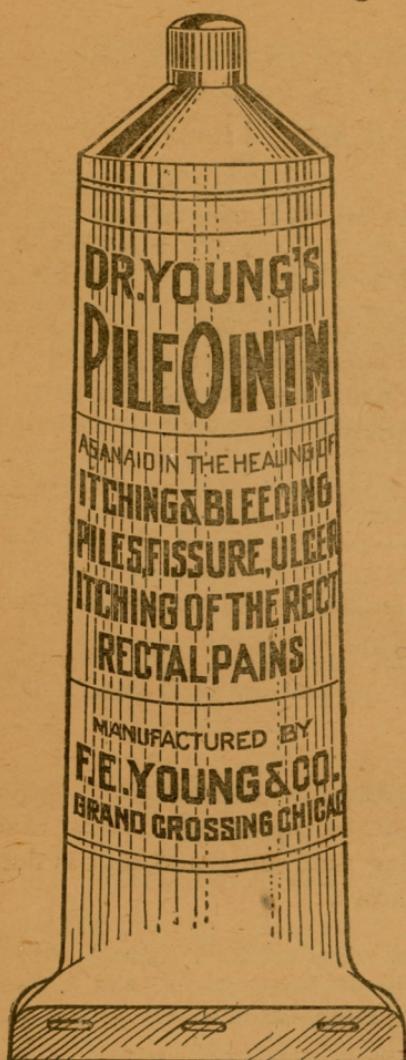
Dr. Young's Stomach Tablets For the Successful Treatment of Stomach and Intestinal Disorders

Their use is indicated where there is any gastric disturbances causing indigestion, sick headache, dizziness, sour stomach, heartburn, nausea, nervousness, gas on the stomach or bowels, catarrh of the stomach, and all forms of dyspepsia.

This remedy has great value in these conditions and is especially intended to supplement the dilation treatment, affording a necessary constitutional remedy, aiding the Dilators to establish regular and natural bowel habit. The tablets act as a tonic to the digestive tract, quickly effective in relieving distress or pain and are a valuable adjunct in restoring nervous energy.

Boxes containing one month's treatment, \$1.00. Three for \$2.50. If your druggist cannot supply, we will send, postpaid, on receipt of price.

Dr. Young's Pile Ointment



This preparation is especially intended to be used in conjunction with Young's Rectal Dilators. Thousands have found it to be a most effective and reliable remedy to relieve the pain, soreness, inflammation and itching of piles, and we believe it to be one of the best local remedies for the purpose. For the healing of itching and bleeding piles, fissure, ulcers, rectal prolapsus, itching of the rectum and anus, rectal pains. For any unhealthy condition of these parts it is wonderfully effective.

The Pile Ointment is of great value where the rectal muscles are so tight and sensitive that the patient has difficulty in beginning the use of the Dilators.

It relieves any inflammation, softens the tissues and enables the patient to use the Dilators with greater ease, insuring a more speedy recovery. Its wonderful healing and curative powers will be felt almost immediately after applying. The Pile Ointment is sold in large metal tubes, convenient to use. The tube is fitted with a rectal pipe, enabling one to apply it where it should be.

Price, large tube, 50c. Half dozen, \$2.50. If your druggist cannot supply you, we will send postpaid on receipt of price.

Dr. Young's Astringent Suppositories

especially prepared to give relief in cases of piles where there is severe pain or much bleeding. They are composed of Belladonna, Stramonium, Potass, Alum and Cocoa Butter, and will be found very helpful in those cases that have difficulty in beginning the use of the dilators and where relief must be had.

The suppositories have only a local effect but may usually be depended upon to relieve the pain and bleeding. Their use, even though they appear to dispel the trouble, should not keep one from using the dilators, for dilation is all important for permanent benefit.

Boxes of 12 Suppositories, 75c; Six for \$4.00. Sent postpaid on receipt of price.

These suppositories, being made with a base of cocoa butter, will not hold their form in a very warm place. For that reason they are not sold by the drug trade generally. You will save time by ordering direct of us. Your druggist can order of us if you prefer.



For the Relief of Certain Forms of
RHEUMATISM

Especially Helpful for Acute and Chronic Rheumatism,
Lumbago, Stiff Neck, Inflamed, Sore and Swollen
Joints where there is pain, stiffness
and inflammation.

Salmet has proven wonderfully helpful to many afflicted with rheumatism, but we are frank to admit that there are cases that do not respond to its use. Rheumatism is a term employed to designate many forms and conditions in which disease manifests itself. They often require the best attention of a competent physician, but one so afflicted will make no mistake in giving Salmet a fair trial for we believe it will reach and benefit most cases.

Many cases of rheumatism are due to faulty circulation, caused by a poisoned condition of the blood. These cases can best be helped by removing that cause and that is done by the use of Dr. Young's dilators.

SALMET is put up in sugar coated tablets—convenient to take and usually bringing relief to those who use it. Wonderfully effective in many obstinate cases.

This remedy is not sold by druggists generally, so if your druggist cannot readily supply, order direct of us and we will send postpaid on receipt of price—50 cents. Six boxes, \$2.50.

We Measure Our Success by the Thousands Cured

LETTERS FROM PHYSICIANS AND OTHERS WHO HAVE USED DR. YOUNG'S DILATORS

If space would permit we could publish thousands of voluntary testimonials that we have received from grateful people who have found in Young's Dilators, a cure that was denied them with usual methods of treatment. In order to convey the feeling that these friends feel toward us and the treatment we recommend, we, to save space, publish excerpts from their letters only, though most of these letters give a history of their case which, if possible to reproduce here, would interest anyone and convince the reader of the great benefit the Dilators have been to many.

THINKS THEY ARE WONDERFUL

F. E. Young & Co., Chicago, Ill.

Dear Sirs: About three weeks ago, I bought a set of your Rectal Dilators, and so far I have received wonderful results from their use. Will write you a letter of testimonial later on, as my troubles are of twenty-five years' standing.

I have talked with quite a number of people about your Dilators and I wish you would send me about fifteen of your books "The Radical Cure," so I can give them to these people.

These Dilators I think so far, are wonderful. Kindly send me these books as soon as possible. Thanking you in advance, I am

Yours very truly,

Jan. 1st, 1919.

JOHN SCHMIDT, 510 Thirty-fifth St., Milwaukee, Wis.

SHE HAD TRIED THEM ALL

F. E. Young & Co., Chicago, Ill.

Dear Sirs: I have duly received your Pile Ointment and have been using same for one month. I must admit that it has given me greater relief and satisfaction than every and all other Pile remedies that I have used. Will add that I had tried almost every "so-called" Pile remedy, both advertised and sold in the local drug stores and considered myself incurable, until very fortunately for me, I heard of your treatment through a friend who had used your Dilators and now I have no hesitancy in recommending them and your treatment to those of my acquaintance who, like me, despair of being cured.

I thank you for the booklets and have placed them in the hands of other Pile sufferers.

Feb. 22d, 1919.

Yours thankfully,

MRS. T. RYAN, Newport, Ore.

Don't misunderstand about Dr. Young's dilators. Their use is not restricted to the cure of piles and constipation. For the relief of almost any form of chronic trouble they are wonderfully effective. The more you know about this common sense treatment, the better you will think of it.

BELIEVE MANY PEOPLE NEED THEM

F. E. Young & Co., Chicago, Ill.

Dear Sirs: Last February I bought a set of Young's Dilators and I used them faithfully for ten weeks, and if I knew I could never get another set I would not take a hundred dollars for them. I am sure they have completely cured me of constipation and piles. I was sure in misery for three or four years. There are any amount of people need these things. I have told many about them, and lots of folks laugh at the idea, but if they want to suffer, it's their fault. It has been so long since I used them, that I don't believe the piles will come back on me.

Any time you need a testimonial, call on me and I will send you one.

Nov. 16th, 1918.

FRANK BOWMAN, 102 Park Ave., Council Bluffs, Ia.

HELPED HER LIKE MAGIC

F. E. Young & Co., Chicago, Ill.

Gentlemen: I purchased a set of your Dilators last month and they have helped me like magic. I suffered for years with indigestion and piles. Five months ago my baby was born. Since then I have suffered terribly with the piles and inflammation of the womb. My leg was all swollen down to my toes and almost black and just like a log.

I had five good doctors tell me I would have to go to the hospital. They gave me opium for the pain and said I would always be lame. I lost so much sleep I was almost out of my head, when a friend told me about your Dilators. I got them to cure the Piles and fissure. Imagine my surprise and joy, when they helped my leg. After three weeks' use, I can walk without a limp, the swelling is almost gone, the pain is nothing like it was.

I believe your Dilators will cure womb trouble as I menstruated without pain the last time, and I always had cramps before I used the Dilators. At first the pain of using the smallest Dilator was frightful. I could only keep it five minutes. Now I can use the second size without much pain. My stomach is not sore. It is helping my heart and I know will cure all my ills. I will always pass it on.

MRS. I. L. ANDERSON, 5 Parnell St., Hazelwood, Pa.

HELPED WHEN IN DESPAIR

Messrs. F. E. Young & Co.

Dear Sirs: Having used your dilators quite extensively I can speak with confidence as to their merits, having had abundant experience. I have found them to be indispensable, not alone in chronic but in many acute diseases as well. Dilation has a wonderful influence over the circulation of the blood and over the organs of respiration as well. Dilation has helped me out of the difficulty when I was almost in despair. I have also found the use of the dilators to act as an invigorating tonic to the weak and nervous. It imparts life and health to all the vital organs. Their use is simple and harmless and I cannot see how any progressive physician can get along without them.

C. W. HAMISFAR, M. D., Fayetteville, Ark.

F. E. Young & Co., Chicago, Ill.

Gentlemen: The Dilators received all O. K. Many thanks to you for sending same. I have seen so much good in the use of your Dilators that I was compelled to recommend same here in a case. I feel sure they will get good results in the use of them. No doubt I will get others to send. In fact, I have never known a failure of good results where the patient carried out directions.

Respectfully,

W. H. RALSTON, M. D., Carlinville, Ill.

As health insurance Dr. Young's dilators are unequaled. To cure your ills and to keep you in health, this system is a most logical and dependable thing. The use of the dilators for a short time will convince you.

HIS PATIENT WAS SICK OF PILLS

F. E. Young & Co., Chicago, Ill.

Gentlemen: Enclosed you will find Post Office Money Order for which please send me one set of your Rectal Dilators, as I have a patient who is bothered with constipation and has taken cathartic pills until she is sick of them. I have promised her she can cure herself without pills or any sort of medicine; and she is anxious to avail herself of such a glorious advantage.

F. E. Young & Co., Chicago, Ill.

Gentlemen: Find enclosed my check, I owe you for one set, and send cash for another which please send at once. I am now looking for a case of chronic constipation which these dilators *will not cure*.

Yours truly,

E. C. COLEMAN, M. D. Kosciusko, Miss.

CANNOT PRAISE TOO HIGHLY

F. E. Young & Co., Chicago, Ill.

Gentlemen: Just a little history of my case to let you know what a Godsend your Dilators have been to me. I have been having chronic constipation for about 25 years. Tried different kinds of patent medicines, and doctors without number, but they did me no good. They took my money and I would ask them if they would cure me. They told me several times that they were afraid I did not understand how bad a case I had. They usually called it stomach and liver trouble. I always felt that the trouble was in the lower bowel, tho.

The 16th of last month, my daughter brought me one of your books from a drug store in Fort Dodge (she knowing how bad off I was) so the next time she went to town I sent for a set of the Dilators. You can imagine how pinched I was, when I tell you how hard it was for me to insert the smallest size, but after using that one for two weeks, I was able to insert the next size, and use it twice a day, and "Oh such a relief." Have a regular bowel movement every morning, have better digestion, better appetite, sleep better and feel better in every way. I am so happy that I ever paid out so little money for so great a benefit.

I can never praise you and your wonderful Dilators enough, and if anyone doubts this testimonial, and will write me, enclosing stamps, I will verify what I have written here. May God bless you and prosper you in your noble work, is the wish of Yours very sincerely,

is the wish of
June 10th, 1919.

Yours very sincerely,

MRS. S. E. ROWLEY, Lehigh, Iowa.

THE DOCTOR EXPLAINS IT

F. E. Young & Co., Chicago, Ill.

Gentlemen: The dilators are certainly a good thing and I like yours better than any I have ever seen, but you know most people have to be blindfolded and backed into a good thing, then again, the profession do not take kindly to anything like self treatment—it don't pay. I use a set myself and would not be without them.

The idea is an old one but, as a rule, the patient is not taken into their confidence. They come to the office once or twice a week and a speculum introduced. Of course the trick is dilation and they pay from one to three dollars a treatment and think nothing of it.

Yours very truly,

JOSEPH E. WRIGHT, M. D., Westfield, N. J.

Many people suffer from the effects of constipation and do not recognize the cause of their trouble because they may have a daily movement. The bowels should function in a *normal* way as well as with regularity. Dr. Young's dilators will correct the faulty action of the bowels.

F. E. Young & Co., Chicago, Ill.

Gentlemen: Having used the Young Dilators for several years, must say they have given most excellent satisfaction in treatment of many chronic diseases, and in constipation have always relieved when used according to directions.

Yours very truly,

J. W. BAKER, M. D., Batavia, N. Y.

THANKFUL TO LEARN OF IT

F. E. Young & Co., Chicago, Ill.

Gentlemen: I bought a set of your dilators from Wolff-Wilson Drug Co., which I am using with wonderful results. I had chronic constipation for about 15 years and bleeding piles for 10 years. My case was so bad that if I missed a single night in taking a laxative I was sick next day. I tried everything I heard of but found relief only while taking medicine. I have taken thousands of laxative tablets and pounds of Epsom salts.

About three weeks ago you sent me one of your little booklets, which to me is a wonderful gift. I knew for years just how I was afflicted, but here came positive proof and a guaranteed cure. I rushed to Wolff-Wilson's and got the dilators; also the pile ointment, and began their use. I have not taken any medicine since, nor do I need any, as I am feeling better than I have in years. I am surely thankful for the chance that put my name on your mailing list and put the book in my hand.

Yours truly,

JOHN R. HULSER, 4144 Green Lea Pl., St. Louis, Mo.

HAS FAITH IN OUR REMEDIES

F. E. Young & Co., Chicago, Ill.

Dear Sirs: Find enclosed 50c in stamps for which send me a box of "Salmet" for rheumatism. I have used your Dilators and the *Ointment for Bleeding Piles of about twenty years' standing*, and received immediate relief. I have a friend that is suffering very badly with rheumatism. He has used everything and done no good. I have great faith in your remedies. They have done so much for me, and I have got him to send for a box of Salmet. Please mail them as soon as possible and oblige,

Yours very sincerely,

MRS. BLANCH BUZZELL, Dexter, Maine.

THE DOCTOR WAS WRONG

F. E. Young & Co., Chicago, Ill.

Dear Dr. Young: I wish to send you my most heartfelt thanks for putting your dilators on the market so that anyone can buy them for use, instead of doctors using them on one. I suffered awful pain for three weeks from piles and our doctor said nothing would cure but cutting. I got a set of the dilators and the pain was so bad I could only keep the smallest size in for five minutes. Still that little showed me they would help me. Inside of two weeks I was using the third largest size and the piles are all gone, and I am perfectly free from pain.

Thanking you, I am,

Yours respectfully,

G. WALLS, 2752 N. 15th St., Philadelphia, Pa.

F. E. Young & Co., Chicago, Ill.

Gentlemen: I wish it were possible for every osteopathic physician to know of the value of your dilators in constipation with their osteopathic treatment and technique for proper bowel nerve supply.

I would suggest that you run an advt. in "The Osteopath" which is mailed to every known osteopathic physician in the United States and foreign countries.

DR. WILL CLASSEN, Hebron, Nebr.

Every expectant mother should know about this treatment. Women are frequently great sufferers from piles and most of them can date the beginning of their trouble to their first pregnancy. There is no time a woman is in greater need of dilation than at that time.

HAS BABY USE THEM

F. E. Young & Co., Chicago, Ill.

Dear Sirs: I am almost cured of constipation and the piles have disappeared. I suffered something terrible after my boy was born. He is now six months old. I have never given him a physic of any kind. I have always used the small tube to move his bowels. I could not get the small size in Seattle, so am sending you direct for it.

I think your book is a boon to people if they only realized it. I will certainly recommend your Dilators whenever possible.

Yours respectfully,

MRS. A. B. FRASCH, Colby, Wash.

STOMACH TROUBLE DISAPPEARS—EATS ANYTHING

F. E. Young & Co., Chicago, Ill.

Gentlemen: Your favor of April 10th, in reply to my letter received, for which accept thanks.

I followed your advice relative to the sulphur and molasses for a week and derived great benefit from same.

I am feeling a very happy man at this time, for after trying your small Dilator for many months, I have now been able to use the No. 2 for over a week, and I have natural movement of the bowels every day, without the use of medicines and enemas.

The doctors wished to operate on me as they said I was going into rapid consumption and could not live long otherwise, but I objected. I have ulcerated bowels, piles, rectal ulcers, prolapsus of the rectum, enlarged and inflamed prostate, ulcerated stomach and a general catarrhal condition throughout the system, and in fact have lost 45 pounds in two months, and now, thank God, by the use of your Dilators I can eat any old thing, have no gastritis, my bowels move regularly and my piles have practically disappeared and I am gaining weight and lost most of my nervousness. I have been the means of selling several sets of your Dilators to friends here and sold one set last evening. After I am cured, I am going to write you a testimonial as to my own case that I wish you would use, if it will benefit any other poor miserable sufferer, for I have been at death's door and your Dilators have done what the Doctors could not do. The Dilators have improved the prostate trouble wonderfully and you ought to advertise this fact. With gratitude and thanks for your kindly interest, I am

Gratefully yours,

H. S. SCHOFIELD, Salt Lake City, Utah.

MONEY COULD NOT BUY

F. E. Young & Co., Chicago, Ill.

Gentlemen: Your Dilators cured me of a long standing case of piles and you will find my name on your files of 1911 as I had some correspondence with you regarding my case. I still have the Dilators in my possession and use them occasionally, and would not part with them under any consideration. If I could not get another set, money could not buy them, so I realize fully the value of the remedy.

Yours very respectfully,

H. E. KING, Worcester, Mass.

GREATEST THING HE EVER USED

F. E. Young & Co., Chicago, Ill.

Dear Sirs: Some time ago, I bought a set of your Dilators and they are the greatest thing I ever used. I had taken enough medicine to float a ship, but have used none since getting the Dilators.

Dec. 13th, 1916.

F. M. CLARK, Spokane, Wash.

If you use Dr. Young's dilators with reasonable diligence it is hardly possible for them to fail to greatly benefit you. When you have found this treatment right, won't you tell your afflicted friends about them? You have neglected an important duty if you fail to do so.

TALKS YOUNG'S DILATORS

F. E. Young & Co., Chicago, Ill.

My Dear Doctor Young: I thank you very much for your books that I received some time ago. It will be very encouraging to you when I say that I have secured two others and possibly two more.

I am feeling so much better myself that whenever I meet a sufferer as I have been for twenty years, I just talk so long as if I was Dr. Young myself. God bless you, Doctor. I am sorry we haven't more Dr. Youngs in this world of ours.

Oh! Doctor, it is wonderful. To show you I am giving it a good test, I have used only No. 1 and No. 2, and tonight I change to No. 3. Will give that two weeks.

To close with my best wishes to you. May God spare you with us for long years to come.

From your well pleased patient,

Jan. 8th, 1918.

THOS. J. McCREADY, 3928 Jason St., Denver, Colo.

WAS HARD TO CONVINCE

F. E. Young & Co., Chicago, Ill.

Dear Sirs: I have been suffering from constipation for about eighteen years and about twelve years with itching piles and I was a nervous wreck in general.

I could not sleep at night with itching of the rectum, using different kinds of ointment, which gave me only temporary relief, until a friend of mine told me about Young's Dilators and I called at Riker & Hageman's Drug Store for information and they gave me a little book, and after I read it I could not be convinced that they could cure me as I had given up hopes of ever being cured, so after reading the book two or three times over, I bought a set of your Dilators on the eleventh of May and used them regularly for about two months, and I can say that I am a happy man, entirely cured.

You can use this letter or testimonial wherever you see fit, as I am proud of my cure. Still more, if any one who lives within reaching distance of me, and wishes to call on me for any further information about the use of the Dilators or my cure, I will be glad to tell anything they might wish to know about the F. E. Young Dilators. Respectfully,

Sept. 4th, 1916.

JOHN CRONIN, 334 West 40th St., New York City.

ONE LOOK CONVINCED HIM

F. E. Young & Co., Chicago, Ill.

Gentlemen: Enclosed find money order for \$1.00, for which kindly send the No. 4 Dilator. I am fully acquainted with the benefit to be derived from your most consistent treatment and would be pleased to speak in its behalf at any time. I was constipated for twenty years, had taken pills by the bushel, felt bad all the time while looking healthy; thought there was no such a thing as a permanent cure for this very common ailment. I saw a sample of the Dilators in a drug store—one look and I knew I had at last found the remedy. I purchased a set and used same as directed for three months, and was as well in that time as I believe it is possible for a human to be. No headache, no pain of any kind, all ambition, no need of pills, full control of almost every muscle in my body. Only the grossest neglect has necessitated a further treatment after ten years, and I am already again improving by their use.

Yours respectfully,

May 24th, 1916.

T. A. STANLEY, 1525 Fifth Ave. N., Birmingham, Ala.

It makes no difference where you live, you can order Dr. Young's dilators or preparations direct of us and be sure of satisfactory service. We ship goods to all parts of the world. If there is any difficulty in obtaining our goods, order direct from us.

BOOSTS A THING OF MERIT

F. E. Young & Co., Chicago, Ill.

Gentlemen: Am using a set of Dr. Young's Dilators for rectal catarrh, and have experienced much relief from the treatment. I recommend the use of your worthy instruments whenever I can, as I am a great believer in boosting a thing of merit, especially where health is concerned.

June 2d, 1919.

Yours truly,
T. A. SCHROEDER, Detroit, Mich.

CURED HIM AFTER DOCTORS HAD FAILED

F. E. Young & Co., Chicago, Ill.

Gentlemen: While I was at Dermott, Ark., I had Hanchey's Drug Store wire you an order for a set of your Rectal Dilators. I have been benefited beyond measure. They have done for me that which doctors have never been able to accomplish, and I had four different doctors attend me for over twelve months.

Just now I wish that you would mail me at the very least one-half dozen books on the Dilators. Think that there are a great many here who may purchase, as they are familiar with my case and have seen the great and almost impossible improvements that they were able to effect in my case. I will distribute them for you to those who are sick and are suffering from complications that I am sure the Dilators can cure.

Yours truly,

T. J. COPELAND, Newport, Ark.

CURED AFTER THIRTY YEARS OF SUFFERING

F. E. Young & Co., Chicago, Ill.

Gentlemen: I have been loaning the booklet that came in a set of Rectal Dilators to friends, and it has gotten out of my possession. Will be pleased to have you send me another copy, or several copies if you like, and I will place them in good hands.

I was troubled with constipation for twenty-five or thirty years, until one year ago, when I used the Dilators and am now entirely cured of that trouble.

Thanking you very kindly for the above favor, I am

Very truly yours,

W. E. ASHBAUGH, Mt. Gilead, Ohio.

FOUND THEM LIFE SAVERS

F. E. Young & Co., Chicago, Ill.

Gentlemen: I have used your Dilators off and on for more than ten years, and they are worth their weight in gold. They will do all that you claim for them; they will not only cure the piles, but will wonderfully strengthen the Prostate Gland. I first used your Dilators in Lanark, Ill., and found them to be life savers. I was then shoeing horses every day. The treatment is a Godsend to mankind. I have sold three sets to my friends in Pasadena. You may use this testimonial in any way you see fit.

E. H. EWING, 39 N. Michigan Ave., Pasadena, Calif.

SAVED HIS LIFE

F. E. Young & Co., Chicago, Ill.

Gentlemen: I wish to thank you for what your Dilators have done for me. They saved my life and I want to tell the world. Very truly,
March 25th, 1919.

H. W. HAMILTON, Charleston, W. Va.

Thousands of people have blessed the day that they learned through their druggist of Dr. Young's dilators, but we will admit that there are many druggists who frankly say that they would not recommend such an article that has a tendency to curtail the demand for drug treatments that are good repeaters.

DID HIM WORLDS OF GOOD

F. E. Young & Co., Chicago, Ill.

Gentlemen: Enclosed you will find \$1.00, for which please send me one box containing one month's treatment of your Stomach Tablets. These are for use in connection with your Rectal Dilators, which were ordered for me nearly three weeks ago by H. L. Brazee (druggist) of this place.

I want you to know that this treatment has done me worlds of good, no aches or pains any more, and today I feel fine. I have explained this remedy to different people locally that are afflicted the way I was, and I hope that my recommendation of your goods will be of as much benefit to these people as they have been to me. Very truly yours,

June 7th, 1916.

FRED L. WITHEY, Cooperstown, N. Y.

CURED HIS HEADACHES

F. E. Young & Co., Chicago, Ill.

Gentlemen: For over twenty years I have suffered untold agonies with bowel trouble and have taken everything I heard of even to injections. One doctor insisted on operating on me about twelve years ago, claiming that my intestines were either twisted or had a knot in them, but I refused to be operated on, and another insisted about two years ago that I had a floating kidney and that it was floating so bad that it pressed against the rectum, thus causing the trouble.

About six weeks ago a man came into the office and during our conversation the subject was brought up. He told me how he had suffered and expressed my experience in regards to the suffering and I told him so. He then advised me to get a set of Dilators. Well, I had tried everything else, so I tried that, and, to my great surprise and joy, I found that they were even better than claimed and it would be impossible for me to tell the relief I have received from their use. For years I have not known what it was to be without a blinding headache. I have not had one since I started to use the Dilators. I am sending this letter and hope you will pardon me for burdening you with my troubles, but I feel so good at finding a relief that I thought it might interest your company.

Respectfully,

H. E. MICHAEL, Chicago, Ill.

WONDERFUL BENEFIT IN A WEEK

F. E. Young & Co., Chicago, Ill.

Gentlemen: Please send me a few copies of "The Radical Cure," as I wish to give them to a few friends who are afflicted as I have been.

I bought a set of Young's Dilators a week ago and, while of course I am not yet cured, I have seen a most wonderful change in myself in the last few days. I was beyond hope of ever finding any such Godsend as I have found in Young's Dilators, for I have been so afflicted with constipation and the diseases that result from it for thirty years. I do not know the time when I have missed one night using pills and cathartics. One cannot realize the suffering and agony I have endured, and life was a burden. I had reached the place where I did not know what to do. I had been nearly killed with drugs and cathartics when your Dilators were brought to my attention and they have accomplished wonders already. I am also using the Pile Ointment and Stomach Tablets and they help me a great deal. I have been afflicted since childhood and have undergone three operations, and nothing has done for me what the Dilators have already accomplished. I know they will cure me. I would not give them up if I knew I had to use them all my life.

Very truly yours,

MRS. EMMA READ, R. F. D. No. 9, Spokane, Wash.

The best advertisers of Dr. Young's dilators are those who have used them. Don't hesitate to tell your friends of this valuable treatment and when you order goods direct of us, you may receive extra copies of this booklet which are sent in the hope that you will place them where they will do the most good.

RESULTS LITTLE SHORT OF MIRACULOUS

F. E. Young & Co., Chicago, Ill.

Gentlemen: My wife and I have been sufferers of chronic constipation and piles for a number of years. I purchased a set of your Dilators in Pittsburgh and their use has produced results little short of the miraculous.

Respectfully,

August 28th, 1919.

H. H. BANKS, New Salem, Pa.

PHYSICIAN USED WITH WONDERFUL SUCCESS

F. E. Young & Co., Chicago, Ill.

Dear Sirs: I have used a set of Dr. Young's Rectal Dilators for a number of years with wonderful success. Kindly send me your book "The Radical Cure" and oblige.

Feb. 20th, 1919.

DR. JOHN L. MONTGOMERY, Minneapolis, Minn.

THEY CURED HIS WIFE

F. E. Young & Co., Chicago, Ill.

Gentlemen: Please send one of your books to _____. I know what a good thing the Dilators are. They cured my wife of the worst case of bleeding piles I ever heard of.

May 8th, 1919.

F. J. CARTIER, Kankakee, Ill.

WOULD NOT BE WITHOUT

F. E. Young & Co., Chicago, Ill.

Gentlemen: I am using your Dilators and am improving rapidly. I have some friends who are in need of this great remedy. Please send me some of your books and I will gladly place them where they will do good. Dr. Young, I would not be without your Dilators for the price a good many times over. They are perfect and you may use my testimony if you wish.

Yours respectfully,

ALFRED ZANGG, R. R. 4, Bluffton, Ind.

SUFFERING DISAPPEARED LIKE MAGIC

F. E. Young & Co., Chicago, Ill.

Dear Sirs: I have been troubled with piles for the past fourteen years and constipation for five years. Two months ago I was quite bad and had my mind made up to submit to a surgical operation, thinking it to be the only salvation, but changed my mind when I carefully read your book, "The Radical Cure" for constipation and piles, which I accidentally run across while in Hughes' Drug Store. After reading your book, I had a great deal of faith in your Dilators, for all seemed to be so sensible, and I did not hesitate about purchasing a set, and after first treatment I was out of my worst misery. After second treatment, I was surprised at the results—all irritation and soreness seemed to have disappeared like magic. In fact I felt so good I could not get to sleep till about 3 a. m. My mind was so occupied with the beneficial effects the Dilators had.

I have had no uncomfortable feeling since using the Dilators. I am now using the largest one and am feeling fine. Since using the Dilators, not a single day has passed without being regular at stool. To me they are a blessing, and I shall pass it on.

I am very respectfully,

WM. H. BANSCHBACH, 109 Nicollet Ave., Minneapolis, Minn.
March 11th, 1914.

Many diseases are caused by auto-infection; auto-infection is caused by delayed bowel action. The occasional use of Dr. Young's dilators, by most people, would be wonderfully beneficial.

HUNDRED DOLLARS HIS PRICE

F. E. Young & Co., Chicago, Ill.

Dear Sirs: I have been using your Dilators with splendid satisfaction for the past six months. I suffered with a bad case of protruding piles and tried various remedies without relief, and did not care to go to stool on account of the intense pains that the piles caused me. A friend of mine asked me to try your Dilators, which I have done with splendid results. If I knew that I could not get another set, a hundred dollar bill could not buy the set I have.

Respectfully yours,

J. C. GOLDBAUM, Austin, Tex.

A GODSEND TO HER

F. E. Young & Co., Chicago, Ill.

Dear Sirs: Will you kindly send me a half dozen of your books, "The Radical Cure?" My friends seem glad to get them. I am doing fine. Your Dilators have been a Godsend to me. Yours for health,
Oct. 23d, 1918.

MISS MARY I. WHITE, Thurmont, Md.

BROUGHT RELIEF AND EASE

Rath & Bainbridge, Dodge City, Kansas.

Dear Sirs: I used Dr. Young's Dilators for Piles of sixteen years' standing, began using them some three months ago and am now improving nicely, the best results I have had for sixteen years.

I have been operated upon and have spent in time and operations \$500.00 or \$600.00. The Dilators have given me more relief and ease than I have had in all these years.

Yours truly,

O. M. GATES, Dodge City, Kan.

SAVED FROM AN OPERATION

F. E. Young & Co., Chicago, Ill.

I used your Dilators with great success about five years ago and at that time I consider they saved me from an operation, and as I am having a little further trouble I am trusting to them to give relief. You may use this statement as a testimonial if you so desire. Very truly yours,

Sept. 26th, 1917.

E. O. SAMUELS, Tampa, Fla.

YOU HAVE HELPED IN THIS WORLD

F. E. Young & Co., Chicago, Ill.

Gentlemen: Your Dilators certainly are a great invention. You can always feel that you have helped in this world. I would not want to be without them.

Yours very truly,

Aug. 7th, 1917.

LUELLA MENDENHALL, Marshalltown, Iowa.

MONEY COULD NOT BUY THEM

F. E. Young & Co., Chicago, Ill.

Gentlemen: Please send me several of your booklets on Dr. Young's Rectal Dilators. I want them for my friends. I have a set, and money could not buy them if I could not get another set.

Very truly yours,

DR. J. E. CROZIER, Little Rock, Ark.

If possible Dr. Young's dilators should be brought to the attention of everyone afflicted. Most of those who are ill would greatly benefit by their use. Will you do your part in making this common sense treatment known to any afflicted friend?

CURED HIM OF CONSTIPATION

F. E. Young & Co., Chicago, Ill.

Gentlemen: You are at liberty to refer anyone to me as to the merits of your Dilators. They have proven of great value to me. They have cured me of constipation and relieved me in other ways. I am recommending them wherever I get the opportunity.

Yours truly,

S. W. TIDD, Columbiana, O.

WORKED WONDERS FOR HER

F. E. Young & Co., Chicago, Ill.

Dear Dr. Young: Your Rectal Dilators have been of wonderful benefit to me. I would not take many times what they cost if I could not get more. They have worked wonders for me.

You may use this letter if you like to encourage some others to the road to health and happiness.

Sincerely yours,

Jan. 28th, 1919.

(Miss) MARY I. WHITE, Thurmont, Md.

KEPT HER FROM THE OPERATING TABLE

F. E. Young & Co., Chicago, Ill.

Gentlemen: A friend kept me off of the operating table a week ago, by telling me of your "Dilators." The remedy is wonderful, the most sensible remedy I have ever known. I just want every one to know about the Dilators.

Please send me half dozen of your pamphlets, and oblige

Yours respectfully,

MRS. L. L. SHOEMAKER, 7611 Sycamore Pl., New Orleans, La.

July 20th, 1918.

YOUR DILATORS SUPPLY A REAL NEED

F. E. Young & Co., Chicago, Ill.

Gentlemen: I have used your Dilators ever since they were first placed on the market. They were highly recommended to me by a relative of mine (a U. S. Senator, by the way). The faithful use of the Dilators cured me of a bad case of the piles and my constipation was greatly relieved.

I intend soon to write you a good strong testimonial, for Young's Dilators supply a very real need.

Very respectfully,

CHARLES D. TOWSLEY, U. S. Army (retired),
Colonel, Wisconsin N. G., Milwaukee, Wis.

May 20th, 1916.

WORTH THEIR WEIGHT IN DIAMONDS

F. E. Young & Co., Chicago, Ill.

Dear Sirs: I have used your "Rectal Dilators." They are worth their weight in diamonds to a victim of piles. They are not sold in our town and I can't procure any literature to hand to sufferers who inquire of my wonderful cure. Please send the "Radical Cure" and some literature on your Dilators. It will save some fellow the torture of the knife and perhaps lifelong misery.

Yours sincerely,

March 30th, 1917.

LAWRENCE WHITE, White City, Fla.

If you have any difficulty in obtaining Dr. Young's dilators or remedies, don't hesitate to order direct of us. We operate a large mail order department to insure you quick and satisfactory service. Orders sent direct to us will reach you promptly and in good condition.

PROVES BLESSING TO HER

F. E. Young & Co., Chicago, Ill.

Dear Sirs: Will you please send me a few books on "The Radical Cure" of piles, so I can distribute them in this town where I know lots are afflicted the same as I was before the blessed day when I got hold of the little booklet—read it all thru and then got the Dilators.

I can never tell what a blessing they have been to me. I suffered for five or six years and it got worse all the time. Oh my, I had given up all hope for I thought I was doomed to be a good for nothing all the rest of my life, but only a month's using the Dilators and following those directions given in the book, I am like new born. So I thank the Young & Co. a thousand times.

Sincerely yours,

June 22d, 1917.

MISS HANSENE HANSON, Tampico, Ill.

THEY ARE SIMPLY WONDERFUL

F. E. Young & Co., Chicago, Ill.

Gentlemen: I send you herewith postage in payment of the enclosed bill and desire to thank you for your prompt action in sending me the Dilator. I will never miss an opportunity of speaking a good word for your Dilators to any one whom I may meet needing them. They are simply wonderful. I will try to use the next larger size in an endeavor to effect a permanent cure.

Kindly receipt and return the enclosed bill, and oblige

Yours very truly,

June 22d, 1917.

(Mrs.) C. A. SIMMONS, 126 Marion St., Brooklyn, N. Y.

F. E. Young & Co., Chicago, Ill.

Gentlemen: Please send me your book, "The Radical Cure." I want to give it to a party troubled with constipation. I am now using your rectal dilators with great success.

Very respectfully,

B. G. SEUTER, 2622 Bernard St., St. Louis, Mo.

PHYSICIAN PRAISES THEM

F. E. Young & Co., Chicago, Ill.

Gentlemen: Enclosed find check to cover statement. I want you to send me at once three sets of the Dilators. I need them.

I cannot praise them too much for results they are helping me get. There is absolutely nothing that helps me so much in my chronic constipation cases as the Dilators.

Sincerely

DR. T. T. SPENCE, Raleigh, N. C.

If you are not enjoying good health, why not give this treatment a fair trial? In doing so you need assume no risk of loss as you can buy the dilators under a liberal form of guarantee. If you order a set direct of us, we guarantee them, as shown on last page. Most of the better druggists will do the same.

F. E. Young & Co., Chicago.

Gentlemen: I sincerely thank God that through persistent and unremitting use of your Rectal Dilators for exactly two months I am cured of the most hopeless case of constipation, dyspepsia and piles of forty years' duration, complicated with a trouble of the prostate gland for one whole year.

If you think my testimonial will be of benefit to you and to many sufferers, I gladly give it.

October 19th, 1919.

Sincerely yours,
T. W. YOUNG, 1925 Atlantic St., Los Angeles.

F. E. Young & Co., Chicago.

Gentlemen: Kindly mail your booklet to the address enclosed. I wish that I could make everybody understand the merit of your Dilators. They have restored me to health after seven years of suffering.

October 10th, 1921.

MRS. W. R. STALL, Memphis, Tenn.

CURED HIM AT ONCE

Messrs. F. E. Young & Co., Chicago, Ill.

Gentlemen: Just a little story for your benefit. You sent us on April 2d, 1915, one dozen Perfection Dilators, and one dozen Pile Ointment. We kept your goods in stock all this time until about six weeks ago. At that time our Dr. Blocker, the president of this firm, got a severe case of piles. In fact, he lost about a pint of blood, so he thought about the Dilators—used them and was practically cured at once. He then began prescribing Dr. Young's Dilators for his patients at once, and since that time has used up the last two sets today. Please send us by mail one dozen more sets.

May 17th, 1919.

Yours very truly,
THE CRYSTAL PHARMACY, Pensacola, Fla.

CANNOT SAY TOO MUCH

F. E. Young & Co., Chicago.

Dear Sirs: Please send your book to the following..... I have used your Dilators for the past thirty days and am glad to state that they have improved me wonderfully. Was constipated, gas on stomach, rectal catarrh, toxic poison and poor circulation of hands and feet. My troubles are practically over now and I cannot say too much for your wonderful remedy.

May 7, 1923.

E. N. JOHNSON, El Paso, Texas.

A COMMON-SENSE REMEDY

Dr. F. E. Young & Co., Chicago.

Dear Sirs: Have used your Dilators since March 18th, 1923, and have overcome chronic constipation of at least twenty years' duration. I feel sure of interesting several others in their use—for they have been a godsend to me.

I have read of the wonderful results obtained from using your dilators but—God pity us poor dumb mortals. If we only would THINK and REASON for ourselves, instead of letting the sugar pill doctors "pull our leg" until we are driven to desperation and are willing to try a common-sense remedy to relieve our suffering.

May 17th, 1923.

M. E. WOOD, Canton, Ohio.

F. E. Young & Co., Chicago.

Gentlemen: Please send me three sets of your Dilators as soon as possible. This makes about 12 or 15 sets I have used, and am convinced that they are the greatest aid in chronic constipation, piles and hemorrhoids I've ever used. Not one case so far but what has received worlds of good. Please rush them.

Fraternally,
May 19, 1922.

DR. T. T. SPENCE, Raleigh, N. C.

BRINGS HAPPINESS TO MANY

F. E. Young & Co., Chicago.

Dear Sirs: I am one of your patients and have suffered with piles and constipation for several years and tried many remedies, with no benefit. A Chiropractor told me of your wonderful Dilators, and have used them since June 8th, 1921, and with great satisfaction. I am also using your Pile Ointment and have found it simply wonderful.

I am writing this and you may use it if you wish. It may be the means of helping some poor sufferer. Your Dilators are priceless to any one afflicted and I hope they may bring happiness to many others.

Feb. 20, 1922.

Yours truly,
MRS. KRUPP, 1730 Bleecker St., Brooklyn, N. Y.

ANOTHER MADE HAPPY

Dr. Young, Chicago, Ill.

Dear Sir: I am so happy to think of the great remedy I have found in your wonderful Dilators. I have been using them two months now, and they have done me so much good. I began on them on the 10th of December, and now I am feeling so much better than I have for fifteen years. Even my heart was bad and I could not sleep nights. I can hardly thank you enough.

In those days, when I did not know what to do for myself, I felt so bad I had a doctor, but he could not do me much good.

One day I happened to look at a little book some one threw in the door at my brother's place of business, and in which I read of your wonderful remedy. I went to my druggist and purchased your wonderful Dilators. Commenced using them and today I feel able to write you and thank you over and over for your wonderful remedy.

March 8th, 1922.

Yours very respectfully,
MRS. M. HOLMAN, 416 Third, Eureka, Calif.

Messrs. F. E. Young & Co., Chicago, U. S. A.

Sirs: Will you send me some of your books descriptive of the Dilators. I got some of these before and have given them to sufferers from piles and they have abundantly proven the efficacy of the Dilators. The purchase of the Dilators has proven the best investment of my life and I shall ever recommend them.

Jan. 24th, 1922. NEEL H. QUINTON, 15 Glen Ave., Pt. Glasgow, Scotland.

F. E. Young & Co., Chicago.

Gentlemen: Kindly send me three sets of your Dilators. I am enclosing check to cover. I find these Dilators are very fine in the treatment of many ailments.

Respectfully yours,

JOHN W. TREGO, D. C., Chillicothe, Ohio.

F. E. Young & Co., Chicago, U. S. A.

Gentlemen: Eight years ago I purchased a set of your Dilators and used them with the best of results. Will you kindly send me six copies of your book, "The Radical Cure," for some of my friends. A great many people are taking mineral oil and purgatives to excess and their condition is constantly growing worse, when dilation of the sphincter is what they need.

Yours sincerely,

April 14th, 1923. REV. J. M. SMITH, Port Rowan, Ontario, Canada.

F. E. Young & Co., Chicago.

Dear Sirs: If you wish to refer to me I shall be only too pleased to tell anyone of the wonderful merits derived from the use of your Dilators. They are simply wonderful.

August 29th, 1923.

MRS. F. W. CROCKER, Rye, New York.

F. E. Young & Co., Chicago.

Dear Sirs: I bought a set of your Dilators some two years ago and obtained the very best of results from their use. I never have to take physic and my general health never was so good as at the present time.

May 26th, 1923.

HARRY W. COOK, Brunswick, N. C.

Dr. Young & Co., Chicago
Dear Sirs:

For years I suffered with piles until I almost wished for death to relieve me of the terrible suffering. Every doctor I visited said nothing but an operation would do any good. A few years ago I went through an operation for a different ailment and I knew what an operation meant. (Money and suffering.) So I decided not to go through an operation until absolutely necessary. So I suffered and at last was forced to go to bed. What I went through with only God and myself know.

The doctors said operation, but one Sunday I was reading the Chicago "Herald and Examiner" and through Buck & Rayner's ad I saw a cure for piles—your wonderful dilators. I wrote to them for a free booklet and received it on next mail. I devoured the contents of that booklet, but still my faith wavered and I couldn't believe that they would do me any good without medicine. I let it go another month. I was in bed one day and up a while the next. After every stool I had to lie down for about four hours. So if my bowels moved more than once a day I was in bed most of the time. At last, every morning about three o'clock, nothing but blood passed. I was frantic. Had to give up my home and take light housekeeping rooms. I was so down-hearted and thought I never would be well again.

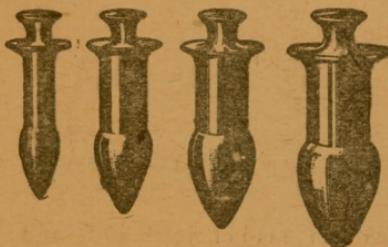
One day I said: Well, there is one more thing I'll try before I will consent to an operation, and that is Dr. Young's Dilators. At that time my husband had rented rooms in Elgin so to be near our daughter. I crawled out of bed and went to Hart's Drug Store where I secured a set of the dilators. I went home hoping—but not with much faith. But say, after using the dilators the second time I could see a change. The passing of blood stopped. My bowels moved more freely and today I am happy doing my own housework. Have our furniture out of storage and keeping real house again. Never thought I would be able to do that again.

It has been one year now since that terrible siege. Last September I was able to take full care of my daughter at childbirth. Had two flights of stairs to go up and down. Don't know how many times a day, and those miserable piles never bothered me again. Those dilators are surely a Godsend to me. I use them once in a while. Don't think I would have to, only I don't want them to ever come back again. Thanks to Dr. Young and his Dilators.

Yours respectfully,

March 13th, 1923.

Mrs. Fred Buck, De Kalb, Ill.



The Illustration Shows
DR. YOUNG'S
Perfection Dilators

The Perfection dilators as shown here are the kind that have been sold for many years and until the new Ideal dilators were perfected were thought to be the best that could be designed, but the new

Ideal dilators, as shown on page 39, are such an improvement and have such advantages in that they may be used when sitting down or while the patient sleeps, that we recommend the new Ideal dilators as the best and most satisfactory in every way. The Ideal dilators will be sent on all orders unless the Perfection are specified.

Dilators of Special Sizes

In order to use this treatment successfully and to obtain from it the great and lasting benefit that it will give when properly employed, the Dilators are sold only in complete sets of four as shown on another page. This assortment is all that is required in nearly all cases, but to supply the demand for Dilators of special sizes, we now make these as listed below and will supply them to those who have our regular set; postpaid, on receipt of price.

Special Sizes—Please Order by Number



No. 00	Infant's size.....	\$0.50
No. 0	Size smaller than No. 1 of set, for children..	.75
No. 1½	Size between Nos. 1 and 2 of set.....	1.00
No. 2½	Size between Nos. 2 and 3 of set.....	1.00
No. 3½	Size between Nos. 3 and 4 of set.....	1.00

Larger Sizes

In order to realize the full benefit of this treatment, as large a size Dilator as can be used should be employed. One need have no fear of dilating too much, regardless of what some uninformed ones may say to the contrary. The regular set of four are all that many require, but if you can use the largest of the regular set with ease, the larger ones here listed may be used to advantage and in many cases, far more benefit realized.

These special sizes may be ordered direct of us and will be sent postpaid on receipt of price.

No. 5.	Diameter at barrel, 1¼ in., at bulb, 1½ in., postpaid.....	\$1.10
No. 6.	Diameter at barrel, 1¾ in., at bulb, 1¾ in.....	1.25
No. 7.	Diameter at barrel, 1½ in., at bulb, 1½ in.....	1.50
Dr. Young's Pile Support, to retain protruding piles.....		1.00

Extra Long Dilators

Nos. 2-3-4 and 5.	Five inches long, each.....	\$1.50
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The Nos. 2, 3 and 4 correspond in size with the three larger sizes of regular set.

NOTE. These special sizes are made in enamel finish only and of the style shown above. The extra long (5 inch) dilators have been made to meet the demand for longer instruments and we supply them to many who report very favorably on them. You can usually save time and trouble by ordering them direct of us as the demand for them does not warrant the druggist carrying in stock.

READ THIS GUARANTEE:

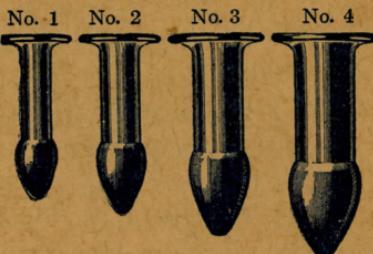
Almost all such dealers will sell under our guarantee if requested to do so, as we agree to refund to such dealer, and only to him, the cost of the dilators to him (with postage for their return to us) if they should be returned under the conditions of this arrangement. If you wish to take advantage of the guarantee in buying the Dilators it is necessary that you have this form duly signed and dated by the dealer of whom you buy. No refund will be made otherwise. If the dealer will not sell under the guarantee, you may order direct of us and we will send postpaid with guarantee on receipt of price.

GUARANTEE

Date -

In selling Young's Dilators under this liberal arrangement it should be understood by the purchaser that they are not necessarily expected to effect a cure in thirty days, but to convince those who may have lost faith through failure with other things, that this may be expected to cure them if faithfully used. Do not neglect to use the Dilators regularly for F. F. YOUNG & CO.

DR. YOUNG'S IDEAL RECTAL DILATORS *BEST IN THE WORLD*



Trade Mark

Sent Postpaid on Receipt of Price, per set, \$3.75

THE PHILOSOPHY of rectal dilation as a means of curing disease is based on the power that nature has given the rectum with its sphincter muscles in controlling the energies of the body. Gradual and regular dilation of these parts accomplishes for the invalid just what nature is doing daily for the healthy individual, the object being to continue the use of the dilators until the rectal muscles regain the lost control and until regular and natural bowel habit is established.

By the use of the dilators the congestion of the blood in the terminal veins of the rectum is relieved, the circulation of the entire body wonderfully improved, and in many cases of chronic nervous diseases a startlingly rapid medium of cure is effected. The use of the dilators is especially indicated in all cases of malnutrition, sluggish circulation, defective elimination and low vitality. In the following diseases their use has accomplished most satisfactory results:

Piles	Constipation	Dyspepsia	Nervousness
Insomnia	Asthma	Rheumatism	Chronic Diarrhea
Eczema	Indigestion	Headache	Neuritis

F. E. YOUNG & CO.
7421 South Chicago Ave., CHICAGO

FOREIGN AGENCIES

Montreal, Canada—LYMANS, Ltd., 380-386 St. Paul St.

Hamilton, Canada—PARKE & PARKE, 16 Market Square.

Winnipeg, Canada—CHANDLER & FISHER, Ltd., Keewayden Block.

Honolulu, H. I.—THE HOLLISTER DRUG CO.

London, England—THOMAS CHRISTY & CO., 10 & 12 Old Swan Lane.

City of Mexico—SANBORN BROS., Sucrs.

Dr. YOUNG'S DILATORS

Have brought Health and Comfort to many thousands who were afflicted with Constipation, Piles and Nervous Ills. A simple, common sense, harmless treatment that can be used by anyone and could be used to great advantage by many who are not seriously troubled. Do not wait until your health is undermined but employ this treatment in time to save suffering and expense.

The Dilators may be obtained of Leading Druggists and Surgical Instrument Houses almost everywhere in the United States or will be sent postpaid by the manufacturers on receipt of price, \$3.75 per set, (in Canada \$4.50).

If you are unable to obtain Dr. Young's Dilators, or Dr. Young's preparations of your dealer; do not hesitate to order direct of us.

F. E. YOUNG & CO.
7421 South Chicago Ave., Chicago, U. S. A.